

TYLER DURDEN • THE FIGHT ISSUE • URIJAH FABER

THE TRUE STORY BEHIND FIGHT CLUB | HOW TO LOSE LIKE A MAN | LIVING WITH THE UFC

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Men's Health

STRIP AWAY FAT!

Wage War On Your Gut &
Defeat Your Love Handles

17 WAYS TO EAT MORE & WEIGH LESS

FITTER & FASTER!

The Tired Man's Rehab Plan

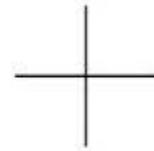
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MOVES & FOODS
FOR BUILDING
HARDER ABS



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SHORTCUTS
TO ATHLETIC
STRENGTH!



NUTRITION

9 CARBS YOUR
BICEPS CRAVE!

HEALTH

WIPE OUT A DECADE
OF DAMAGE IN DAYS

LIBIDO

SEX DRUGS YOU CAN
FIND IN YOUR FRIDGE

6-NATION
MUSCLE!

Leigh Halfpenny & James Haskell Are Ready To Kick Off

BELOW THE BELT! KNOCK OUT PROSTATE CANCER IN THE RING



DON'T CRACK UNDER PRESSURE



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AQUARACER CALIBRE 5

Cristiano Ronaldo is born to break all the records. His motivation is to win at every occasion to challenge the human statistics. Like TAG Heuer, Ronaldo surpasses the limits of his field and never cracks under pressure.

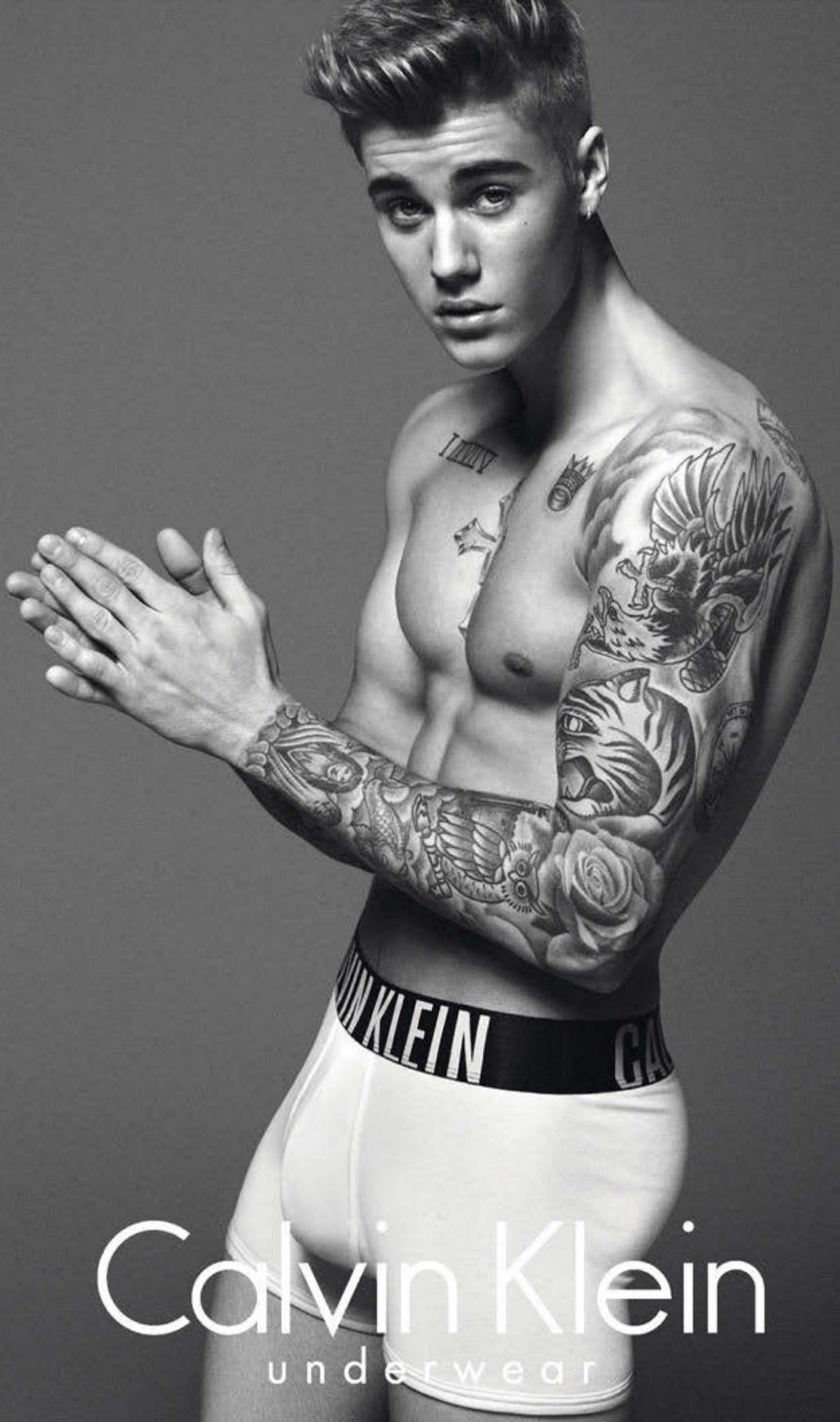
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POWER

P74 A WEEK WITH URIJAH FABER

The UFC's California Kid takes a spar break to welcome *Men's Health* into his home

P124 SCORE A RUGBY BODY

Convert your physique between now and the Six Nations kick-off. Go on, give it a try

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It's tough inside the octagon. This complete kit list will give you a helping hand wrap



NUTRITION

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A bad egg can make a shell of a difference, so elevate your yolks and thrive

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How a cream-topped beef steak can skewer winter depression at its source

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The metabolism-boosting, hot, cheesy sandwich your biceps are asking for



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P105 BUILD A PACK LIKE PITT'S

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THE TICK LIST

YOUR WHOLE-BODY BATTLE-PLAN LAID OUT



ON THE COVER

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Let Welsh fullback Leigh Halfpenny help you build a body like his and become a leader in your own field

P82 HOW TO LOSE LIKE A MAN

Golden advice from some of the world's wooden spoon winners

P94 EAT MORE TO WEIGH LESS

Work up a sweat while prepping great food to reap double rewards

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An oral history of the film that changed men's bodies forever, by the people who made it

P106 STRIP AWAY FAT

Attack body fat military-style with tricks to destroy excess weight

P120 MOVES FOR HARDER ABS

Take a medicine ball to your midsection for high definition

COVER CREDITS

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GROOMING ALEXIS DAY USING BABYLISS PRO AND SISLEY COSMETICS
COVER RETOUCHING TAPESTRY
CLOTHING ALL UNDERARMOUR.CO.UK
THANKS TO 7 SEAS PRODUCTIONS AND RUGBY CLUB TOULONNAIS

MH DROPS KNOWLEDGE BOMBS SO YOUR GUT DOESN'T BLOW UP

DETONATE FAT
PULL THE PIN ON OUR EXPLOSIVE GUIDE TO FLAB-BLASTING TACTICS IN THE WAR ON WEIGHT.
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MEET THE EXPERTS

FOR OUR FIGHT ISSUE, WE'VE ENLISTED A CRACK SQUAD OF SPECIALISTS. WHATEVER YOUR BATTLE, THEY HAVE YOUR BACK



BE A HARD HITTER URIJAH FABER

The UFC top contender, businessman and all-round nice guy arms you with his 36 Laws of Power. Use them carefully p74



PACK LIKE PITT DALTON WONG

Build a *Fight Club* 6-pack in three steps. The founder of TwentyTwo Training shares his go-to moves for Durden definition p105



MAKE A BIG MESS DREW PRICE

Price is the nutritionist nutritionists turn to. He shows you the benefits of giving your food a pre-cooking workout p94



GET MILITARY FIT MARK MAYCROFT

Carrying a little excess? At ease, soldier. Zero in on fat using cutting-edge diet tips and a workout from ex-marine Maycroft p106



STAY ON YOUR FEET JOHNNY GREAVES

The boxer who lost 96 of his 100 professional fights schools you on taking defeat on the chin and still coming out on top p82



COMBAT DISEASE DAN ROBERTS

Deploy PT Roberts' quick tips to stay ahead of the reaper. When it comes to cancer, you can't hide – but you can run p39

THIS ISSUE IS BROUGHT TO YOU BY...

8 LEADING NUTRITIONISTS

7 ELITE PERSONAL TRAINERS

6 WORLD-CLASS CHEFS

5 MOVIE MAKERS

5 PSYCHOLOGISTS

4 SEX THERAPISTS

4 TOP ATHLETES

3 MARTIAL ARTISTS

3 STYLE-SETTERS

3 SCIENTISTS

3 STUNT MEN

1 PRO POKER PLAYER

1 ROCK STAR

1 HOSTAGE NEGOTIATOR

TOTAL
54 EXPERTS

Men's Health

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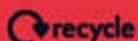
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EDITOR'S LETTER

SECONDS OUT, GENTLEMEN...

PAGE
94+

Pummel your way to fitness with recipes that put blood on your hands and muscle underneath your apron



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74

Urijah Faber, the friendly face of brutal bloodsport, takes MH under his wing for life lessons in KO-ing opponents and objectives

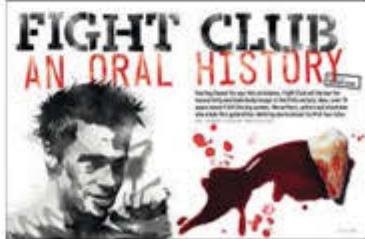
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When relations begin to strain, secure peace (and your own way) with these diplomatic solutions that don't include a one-way ticket to the doghouse



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Pitt, Norton and Palahniuk (he's the author) tell all about the generation-defining film that was almost canned



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Learn the art of resilience from the pros: life's losers. Meet the people who gave it everything, left with nothing and lived to tell MH



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132

Deliver defeat while keeping your teeth with the best MMA starter kit

MEN'S HEALTH
THE FIGHT ISSUE

A common bone of contention with *Men's Health*'s choice of cover models used to be how practical their physiques were. It was understandable, if a little misconceived (it's not as if the beer belly alternative has ever been especially functional!) but we like to think that particular argument has been resolved. If not... then this month we can put a fork in it once and for all. Welsh rugby star Leigh Halfpenny is built for battle, not show, and his combination of speed, power and stamina will be there for us to admire – and opponents to fear – when the Six Nations kicks off at the Millennium Stadium on 6 February. But it's not just the physical fight Halfpenny relishes. In our interview on p44, he tells how he's embracing the challenge of going from local hero to heavyweight *galactico* at Toulon,

where he's had to fill the kicking boots of recently retired three-point metronome Jonny Wilkinson, and reveals his much-coveted workout plan.

Also stepping into the octagon for this month's issue, our intrepid commissioning editor Alex Harris went to spend a week with UFC fighter and motivational guru Urijah Faber – learn the secrets of his success on p74. And 15 years on from the movie that changed masculinity forever, we've tracked down the people who made *Fight Club*. On p100 they reveal the extraordinary struggle of getting the movie that launched a thousand six-packs on to the screen.

If your own personal bout is with diminishing returns in the weights room, an unbreakable PB, or even a spare tyre that won't budge, we have a TKO for you. With us in your corner, victory is assured.

TOBY WISEMAN, BSME EDITOR OF THE YEAR



ASK MH

A PLATFORM TO AIR YOUR
WINTER TRAINING WORRIES

AMI
NORMAL?



AND BREATHE...
YOUR RED-SPOTTED
HANKIE MAY NOT BE
THE END OF THE ROAD

Q WHY CAN I TASTE BLOOD WHEN I SPRINT OR WORK HARD AT THE GYM?

CHRIS, BLACKPOOL

While the sensation will feel bizarre, it's not unusual in the UK as cold weather irritates and cracks the lining in your nose and throat. Take it as an excuse to ease off at the gym however, as Louisville Uni found that intense exercise puts pressure on your lungs, which can cause blood cells to leak into your air sacs. If that wasn't disturbing enough,

the taste could also be down to mild pulmonary edema, where fluid seeps between your air sacs and capillaries. Study author Prof Gerald Zavorsky says relax: one in six runners taste blood. Stay on the safe side by swapping the park for the treadmill and up your rest days. And if you cough or spit blood, don't be lax – book in with your GP.

ASK MH

HEAD IN THE CLOUD? ALLOW OUR EXPERTS TO CLEAR THE FOG

DOES IT WORK?



Q ARE STANDING DESKS REALLY WORTH ALL THE HASSLE?

SAM, NEWCASTLE

They may look like some harebrained invention flogged on *Dragons' Den*, but the back and forth with HR is worth your time. Just standing for 90 minutes extra a day lowers your blood sugar, as well as building core strength. And while being sedentary shortens your life, you don't need to be on your feet *all* day; in fact it would probably put strain on your knees. Opt for a model that allows standing and sitting, such as the Varidesk Pro (£295 varidesk.com), so you can keep a lower profile when you need to. "Build up gradually," says Prof John Buckley, a rehab expert at the University of Chester. "Begin splitting 30 minutes over a day, then add 30 each week." If facilities stonewall you, try pitching how the health benefits will improve your work to convince the corporates. HR case closed.



Q IS WHITE RICE REALLY SO MUCH WORSE THAN BROWN?

GEORGE, TIVERTON

Mais non. Brown rice boasts vitamins and minerals but also has higher levels of arsenic. What's more, "it reduces the digestibility of protein," says nutritionist Alex Ferentinos – meaning your meat and two sides may not be as effective a muscle-builder as you think. And while black rice is lower in arsenic and packs more antioxidants, it's actually the white stuff that wins out when you're hitting the gym. Just because it's processed doesn't mean it isn't beneficial: "Whey protein powder is processed too, and it's still good for you," says Ferentinos. Plus you'll spend less time at the stove. Use our table to compare the three:

PER CUP	BROWN	BLACK	WHITE
GI VALUE	55	55	64
FIBRE	3.5g	6g	1.5g
PROTEIN INTAKE	66%	68%	72%
COOK FOR	30 min	20 min	10 min

Q IS 16P PARACETAMOL AS GOOD AS BRANDED ONES?

JOSH, EDINBURGH

In a word: yes. The Royal Pharmaceutical Society's chief scientist, Professor Jayne Lawrence, says own-brand and labelled medicines are exactly the same drugs in different packets, and that taking either would result in equivalent pain relief.

"Look at both packets and check the product license number, issued by drug regulator MHRA," says Lawrence. "You will see that both paracetamols have matching numbers, proving they do the same job." Paying half the price doesn't mean you can pop double the amount though; Dr Kenneth Simpson found that overuse increases the risk of liver failure. Save money, don't swallow the marketing.



Q NUDES ASIDE, IS THE CLOUD STILL MY SMARTEST OPTION FOR BACKING UP DATA?

NICK, LONDON

While your NSFW snaps are unlikely to garner the attention of Kate Upton's, your other details – login info, contacts, location – might. While most of your data is used for practical purposes, such as Facebook photo geotagging, it can also be mined for marketing objectives. If that makes you uneasy, stick fluff on the cloud but store sensitive data on a hard drive†.

DATA DEFENCE

Many apps back up to the cloud on default. Just deleting iPhone content doesn't cut it – switch up your settings to play it safer

THE BIG QUESTION



DELETE

Removing snaps from Camera Roll isn't good enough. To purge the cloud of compromising images, go to:

Photos

- ↓ My Photo Stream
- ↓ Select
- ↓ Delete



DISABLE

Everything from your Notes to Safari searches are stored. To control which apps connect with the cloud, go to:

System Preferences

- ↓ iCloud
- ↓ Turn off all options for Mail, Contacts, Calendars etc



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PEUGEOT

AGENDA



17

STEPS TO GET YOUR FIT ON

MARCH 2015



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01
FORCE OF NATURE

A

TAKE YOUR NEW BODY FOR A SPIN

This is your staple chest move – with a twist. The **TORNADO PRESS-UP** will put the wind into your training and blow your pitch opposition away

Forget ‘the worm’ – pulling out this party piece next time you hit a dancefloor will have heads spinning for all the right reasons. And with pecs and shoulder muscles to match your moves, no amount of moonwalking from some twerp in a cowboy hat is going to steal your thunder.

Standard press-ups might be a solid foundation to a gym routine, but both body and mind crave variety in your workouts, especially if you

want to see real results in a hurry. The tornado press-up requires as much upper-body power as your one-rep max on the bench press, and you’ll be putting your mirror muscles under serious strain to get the air you’ll need to perform the full 360.

Along with building yourself a powerful frame, that explosive ability means you’ll have no problem palming off crunching tackles on the pitch come Sunday morning. What’s more, the twist itself demands attention from your entire core, working like a dynamic ab rotation move (think cable chops) to bring high-definition to your obliques. You’ll end up with a solid, functional six-pack to hold your newfound bulk in place. It’s high time you put a new spin on things...

1/ SET UP

Take up a standard press-up position, keeping your body straight from head to heels. Think of this as the calm before the storm



THE BEST EXERCISE YOU'RE NOT DOING

2/ THE DROP

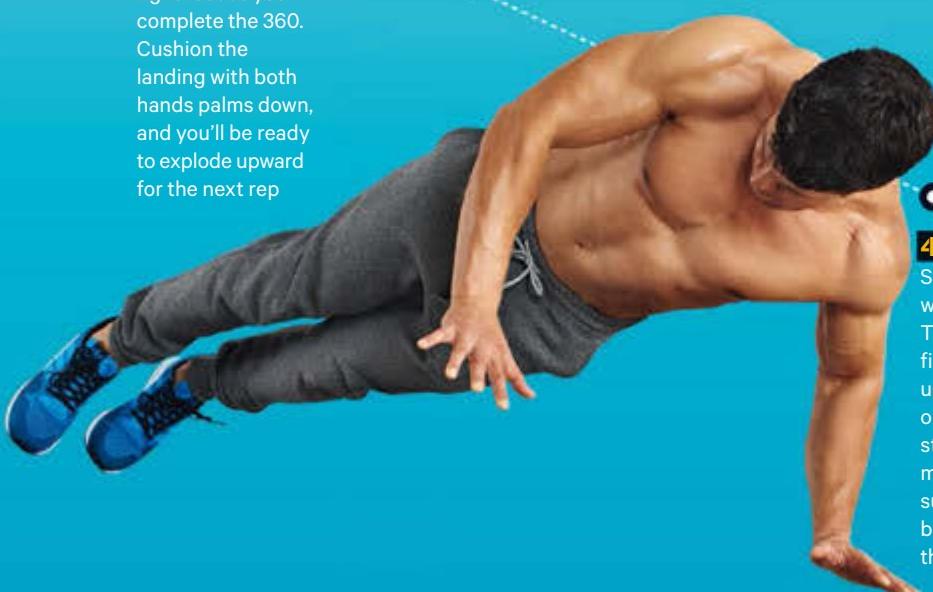
2/ THE DROP

Lower yourself, then explode up from the ground. Spin your head to look over your right shoulder and draw your right elbow up behind your back to start the rotation



3/ THE TWIST

Pivot on your right foot as you complete the 360. Cushion the landing with both hands palms down, and you’ll be ready to explode upward for the next rep



4/ REPEAT

Swap direction with each spin. This makes a great finisher for a tough upper body routine or works as a standalone. Best master it on a soft surface before busting it out on the dancefloor

WHAT YOU'LL GAIN



TWICKENHAM-WORTHY PECS



A PB-SMASHING BENCH PRESS



OLYMPIC ABS AND OBLIQUES



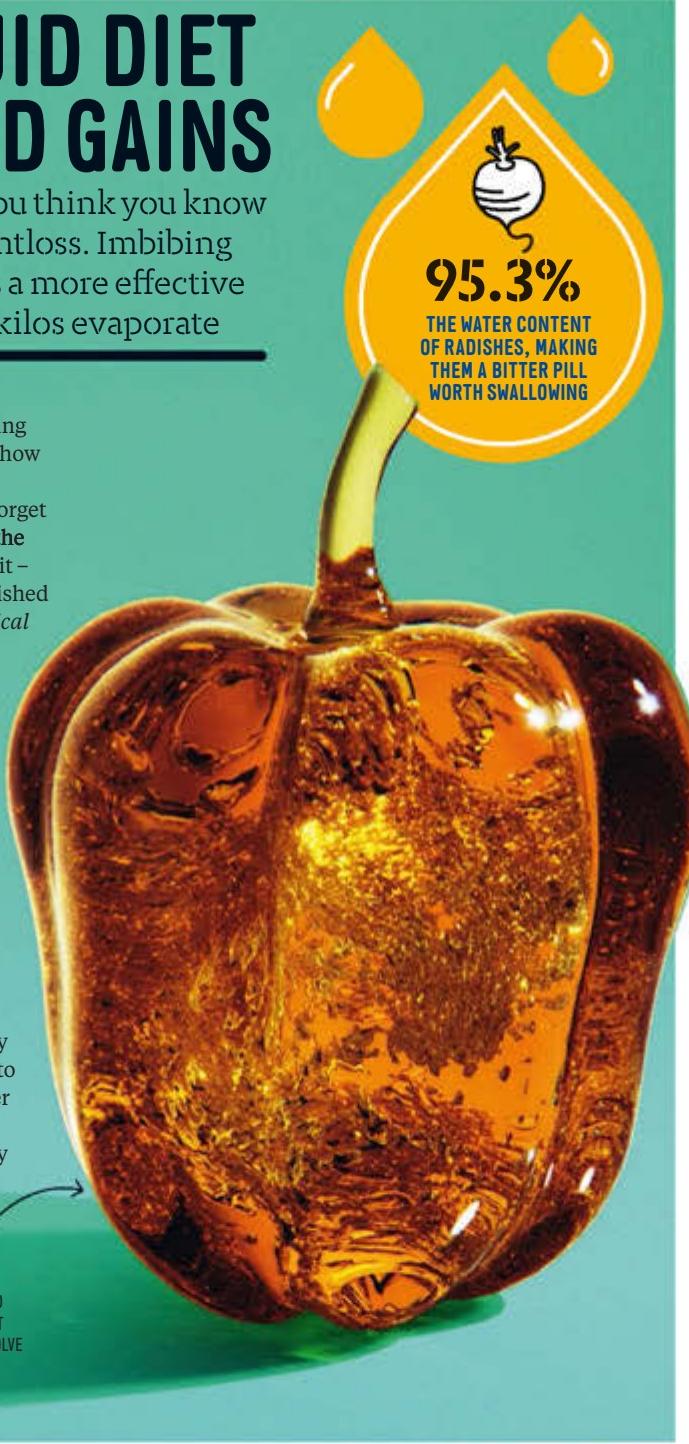
A NON-RUBBISH PARTY TRICK

THE LIQUID DIET FOR SOLID GAINS

Forget everything you think you know about H₂O and weightloss. Imbibing water-dense foods is a more effective way to make excess kilos evaporate

Contrary to so much of weightloss lore, drinking water has no effect on how many kilos you lose or how quickly you lose them. So forget downing a pint pre-dinner; it's the fluid on your plate – not next to it – that really counts. A study published in the *American Journal of Clinical Nutrition* found that water in a glass quenches your thirst and very little else. Instead, the scientific seal of approval has switched to water-rich foods, such as lettuce, celery and cucumber. The higher the water content in a foodstuff, the lower the energy density, which helps cut your calorie intake without compromising portion size – good for all the big appetites out there. Low on energy doesn't have to mean low on taste, either. Strategically sub watery foods into your diet to pad out your portions, stay fuller for longer and set in motion a weightloss current you'll be only too pleased to get swept up in.

THIS IS ONE LIQUID LUNCH THAT WON'T DROWN YOUR RESOLVE



95.3%

THE WATER CONTENT OF RADISHES, MAKING THEM A BITTER PILL WORTH SWALLOWING



POLENTA

This north Italian peasant food has a hoard of gold-standard health benefits. It's time you cashed in...

01

MINERAL-RICH

The Mediterranean kitchen cupboard staple packs calcium, iron and magnesium for stronger bones, lower blood pressure and sounder sleep. It also provides the immune-boosting vitamins A, B and E.

02

TIME-POOR

Buy it part-cooked for 25p a portion and this versatile all-day eat will go from pack to plate in just five minutes. Serve it for breakfast with fruit salad or at dinner to soak up a warming winter beef stew.

03

SUGAR-FREE(ISH)

Polenta boasts 1.5g of fibre per serving and is a lower-GI replacement for rice and spuds. In short, you get the energy-giving goodness that you need for training with no waistline-widening side effects.

THREE WEIRD DIET SABOTEURS

Ordinary things create extraordinary obstacles to your weightloss goals. Hurdle them as follows



YOU MULTITASK TOO OFTEN

Getting it from all angles at work? Emory University found juggling jobs wears out your self-control – avoiding crisps becomes one task too many. **THE FIX** Set deadlines and reward yourself when you hit them (eg "No tea until I finish this report"). You can track wasted time online in the same way you track calories, too*.



YOU LIVE AT SEA LEVEL

Getting high can curb your munchies. A *PLOS One* study found high altitude ups levels of satiety hormone leptin, halving your risk of obesity.

THE FIX Don't relocate yet. Simulate altitude by training in an elevation mask (£70 trainingmask.co.uk) and your cardio will benefit too. Oh, and a hike will also work.



YOU SHOP WITH A CREDIT CARD

Paying with plastic makes you more prone to impulsive purchases, according to Cornell University. Credit creates an 'eat now, pay later' mentality that fills your basket with 42% more junk.

THE FIX Head to an ATM. Handing over cold, hard cash will make you think twice about that second Snickers.



WEARING A WHITE T-SHIRT IMPROVES YOUR FOCUS DURING A WORKOUT

Psychology of Sport & Exercise Journal



To Her Majesty The Queen
Garter King of Arms
St. James's Palace
London



To A.R.B. The Order of Garter
Garter King of Arms
St. James's Palace
London



To H.M.G. The Order of the Garter
Garter King of Arms
St. James's Palace
London

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A SNOB'S GUIDE TO EGGS

Your half-dozen are more than just a protein delivery system. Think outside the egg box to lay down benefits

01 SHELL OUT ON THESE

They survived the low-fat fad and are firmly nested as a dietary must-have, but how can you tell a truly good egg? "The key is a large yolk," says Andy Cawthray, author of *Chicken & Egg*: that's where the good stuff's concentrated. Medium eggs offer a better nutrient balance than large ones. Egg 'em on.



DUCK

They may be fatty, but their lipids are largely of the heart-protective kind. Plus a study* found proteins in the whites improve blood flow. "The creamy texture is perfect for omelettes," says chef Ben Whale.



HEN

Mother Hen lays down antioxidant bombs, reports *Food Chemistry* journal. But battery birds aren't included: "Free-rangers forage for healthier foods, which impacts on the flavour too," says Cawthray.



BANTAM

With a 50/50 yolk-to-white ratio, these provide a huge hit of eye-healthy lutein, according to Tufts University. "Bantams are best for recipes requiring a stronger yolk, such as quiches," says Whale.



QUAIL

A mini delivery of macronutrients: the yolks are rich in vitamins A and D for cancer prevention and fertility. Try making scotch eggs, Whale says, or eat up to six a day as a snack: ideal if you're bulking.

POACH OUR TIPS FOR OUEF-THE-CHART HEALTH GAINS



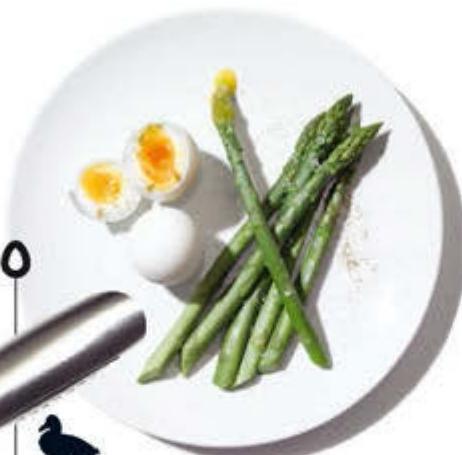
02 HOW DO YOU LIKE YOURS?

Fried, boiled or scrambled – there are benefits to each. Frying in a heavy pan gives an even cooking temperature which, as found by Canadian research, produces more heart-healthy proteins ([Scanpan IQ £94 james-nicholas.com](#)).

1 If you scramble or poach, you'll preserve extra antioxidants, says the University of Alberta. Yes, poaching may be a hassle, but those plastic pods are a testosterone-sapping BPA party to which your hormones are invited. Opt for Fusionbrands Steel PoachPods ([£12 hotplateproducts.com](#)). 2 And, finally, the great British boiled egg is best for becoming a 'swoldier' (sorry). Texas Uni's studies found splitting protein intake throughout the day with amino-packed snacks spikes muscle synthesis by 25%. As for storage, keeping them in the fridge stops nutrients from degrading, but let your egg come to room temperature before cooking: "Start with a cold egg and you'll overcook your yolk trying to get the white to set," says Whale. Trust the eggspert.



50%
TWO EGGS PROVIDE HALF
YOUR RDA OF SELENIUM:
A MENTAL BOOSTER



MORNING-AFTER DUCK EGGS WITH ASPARAGUS

Under the shell A hangover-finisher: cysteine in duck eggs combines with asparagus to speed up alcohol metabolism

- Asparagus, bunch, woody stems removed
- Duck eggs, 2

This is the easiest recipe of the flock. Boil two pans of water. Pop the eggs in one and cook for 6min. Put the veg in the other and cook for 5min until tender. Serve with a pinch of sea salt.



ANTI-CANCER HEN EGG REVUELTOS WITH PRAWNS

Under the shell Leeks pack anti-cancer compounds; adding eggs serves more antioxidants than you can shake a cock at

- Hen eggs, 2
- Sourdough bread, sliced
- Baby leeks, chopped and cooked
- Prawns, cooked
- Chives, chopped

Beat and season your eggs, then toast the bread. Melt butter in a pan, add the eggs and cook. When they start to harden, stir in the leeks and prawns. Spoon over the bread and sprinkle with chives.

03

BREAKING GOOD

The standard technique for breaking eggs isn't all it's cracked up to be. Put the bowl away and unsheathe your knife. Eggheads at Glasgow University discovered that the 'palette method' is the surest way to ensure a fragment-free white and yolk. Hold the egg in the palm of your hand and break across its equator using a palette knife. This splits the shell cleanly, while minimising cracking either side of the force line. Now whisk into action with the recipes right.



BULK-UP BANTAM EGGS WITH CHICKEN ESCALOPE

Under the shell A coop-load of protein and muscle-friendly calories will accelerate repair and add lean size

- Chicken breast, 1
- Flour, dusting
- Breadcrumbs, handful
- Bantam eggs, 4
- Anchovies
- Parsley, chopped
- Capers, chopped

Wrap the bird in clingfilm and flatten it. Season, coat with the flour, breadcrumbs and 2 beaten eggs. Fry until golden, then fry the other 2 eggs. Serve with anchovies, parsley and capers.



POST-WORKOUT QUAIL EGG AND BACON SHOOTERS

Under the shell A canapé for PTs. This delivers the amins, salt and fats your body craves after a gruelling session

- Bacon rashers, rindless, smoked and streaky
- Chives, finely chopped
- Quail eggs
- Coarse sea salt

Grill the bacon until crisp, leave to cool, chop finely and mix with the chives. Simmer the eggs for 20sec each, then run under cold water. Stand them in sea salt and spoon the bacon and chive mix on top.

EGGS BENEFIT

The journal *Nutrition & Food Science* confirms it: eggs are among the most nutrient-dense foods money can buy. Here are five good excuses to bin your multivitamins.



LOWER STROKE RISK

Adding an extra 20g of protein to your diet (or 3 eggs' worth) can slash your stroke risk by 20%, according to the online journal *Neurology*.



SHARPER BRAIN

Packed with the nutrient choline, eggs have been linked to better mental functions and reduced dementia risk by Boston University.



GOOD GUT SENSES

Mixing protein-heavy snacks with exercise increases the levels of good bacteria in your stomach, University College Cork reports.



STRONGER HEART

Eggs' tryptophan helps you produce serotonin, low levels of which are linked to heart attacks, and the yolks are full of good omega-3 fats.



NO ENERGY SLUMPS

Amins help your body make norepinephrine, a chemical that raises alertness. Eggs provide you with the complete spectrum, so shell out.

> TAKE A BATH FOR WASHBOARD ABS

Untie knots, rope in new strength and spring back from injury with 13 tips for deadlift- and desk-proof muscles

1/ SALT WOUNDS

If your desk job is making you cramp up, channel your better half and run a bath. But ditch the lavender for a soak in Epsom salts (AKA magnesium sulfate). It eases aches and speeds repair after the gym. You'll feel well seasoned.

2/ BEET THE BROS

Dig into spinach, chard and beetroot pre-workout. Nitrate-rich veg increase key muscle proteins, *Physiology* journal found. They're easy to juice, if not exactly easy to drink.

3/ REST IS HISTORY

Sofa days are for slobs. Danish researchers found that gently training the same muscle groups you worked yesterday decreases aches. They put this down to a bloodflow boost accelerating nutrient delivery around your body. Comfy.

4/ BREAK GOOD

HMB is your fibres' chemical helper. Synthesised from the amino acid leucine, the supp has been found by research group Examine to fight protein breakdown, while French tests show it slows muscle wastage. £11 theproteinworks.com

5/ LIGHT EFFORT

For maximum strength gains, be your inner tortoise, not hare. The University of Tokyo found working with 50% of your 1RM, but so slowly you can only manage 8 reps, is as effective as hammering through at 80% of your max.

6/ DON'T BOTTLE IT

Weights make a poor mixer. Massey University, NZ, found even moderate drinking after a tough workout means a loss of strength due to how ethanol treats your torn fibres. Keep the bar and barbells separate.

7/ COMPRESS ON

Swap your trackies for tights at home. A *British Journal of Sports Medicine* study found people who wore compression gear post-exercise, rather than during, experienced less soreness. Possibly NSFW.

8/ DO THE SPLITS

Rounding off your workout with steak and eggs is no use if you carb-out the rest of the time. A *Nutrition* study found people who split their protein intake had 25% more muscle synthesis than those who ate it all at once. Divide, conquer.

9/ PANTS ON

Make like a dog in a heatwave and take rapid breaths (one a second) to recover between intervals. Sydney University found this neutralises acid buildup in muscles, keeping you at peak power for longer.

10/ HERE'S THE RUB

Finally, book yourself in for a massage. Yes, it'll make the hurts go away but, according to McMaster Uni, it'll also fire up your mitochondria: your cells' power packs. Stronger mitochondria mean healthier – not just bigger – muscles.



UNDO THE
DAMAGE
MUSCLE PAIN
SCRUBBED

MARINATE IN
MINERALS FOR A
ROCK-HARD CORE

HEAT, ROLL OR COOL IT?

Pick your best recovery strategy, by PT Mikey Smith*

WHAT?

HEAT PACK

You have tight muscles or recurrent pain after exercise

Apply a heat pad to the area for 20min up to 3 times a day

FOAM ROLLER

Your muscles feel knotted; you want to improve flexibility

Roll over tight areas, pausing wherever you feel tension

ICE BATH

You are swollen or recently increased your workout intensity

After a hard run, soak your legs in a tub of ice water for 10min

PERONI



drinkaware.co.uk
for the facts

THE HOUSE OF PERONI.COM

LESS SLEEP = MORE ENERGY

Owning the day is about how well you sleep, not how much. Hit snooze on your eight hours and streamline your shuteye

THE DEVIL'S ADVOCATE



THIS MONTH'S DEVIL'S ADVOCATE

During the two decades he's spent honing A-list stars' physiques, while also researching body optimization, Scott Alexander has gained a deep understanding of the need for deeper sleep. Consider him the Sandman on caffeine

Napoleon's march through Europe was fuelled by six hours a night. Churchill logged five hours and won a war. Bill Clinton led the free world on four and still found time for other horizontal activities. But for some reason, you spend a third of your day in bed then complain you don't have time to finish your to-do list. You and your duvet are not happy bedfellows. Consider this an intervention.

You need eight hours sleep a night just like you need five portions of fruit and veg. A parsnip? Good. A parsnip that's deep-fried and sold in a foil bag? Not so much. Equally, logging the same amount of time unconscious as you do at work is a waste if you spend it staring at the ceiling, outside a state where your brain can actually recharge. **1** It's why you wake up feeling – and

often looking – like you've gone three rounds with Tyson **2** even when you turn in before Evan Davis comes on.

So how do you emulate those nation-leaders, who did a touch more than just survive on severely restricted shuteye? It could be they were simply genetically wired to be short sleepers, in which case, you have Mum and Dad to blame for a proclivity to roll over when the alarm shatters your slumber. **3** Or they could have trained themselves to get by on less. As can you.

Not all sleep is created equal. Your somnolent hours see your brain cycle through four stages. Restorative sleep comes in the third; this "slow-wave"

YOUR DEALS WITH THE DEVIL



1 QUALIFIED

A study* looking at students' nightly habits found sleep quality trumps quantity for mood, health and odds of nodding off at work.



2 MEATHEAD

One night of sleep loss elevates levels of chemicals seen in men with head injuries. A breakfast of creatine-rich steak will heal you.



3 GENE-IUS

People who thrive on less than 6hr share a variant of the DEC2 gene, which stops lack of sleep curbing their productivity.



4 CUT BREAD

'Ketogenic' diets (high fat, very low carb) increase your delta brainwave activity, which reduces body fat and gogginess.

phase sees a rise in delta brainwaves, which, among other things, stimulate growth hormone production. The stuff muscle-building dreams are made of.

Reaching delta wave sleep takes around an hour and your brain doesn't spend long there before cycling first into dream-heavy REM sleep, then back to a near-waking state. It's like going to the gym and spending an hour strolling on the treadmill, banging out 10 deadlifts then heading straight for the sauna. But if you can hijack that process, you can get better results in less time – in the gym and your bed.

The important thing to realise is that cutting back from a full eight hours to a functional four won't happen, well, overnight. At least, not if you want to safely get behind the wheel of a car the

"Hijack your sleep cycles and you'll get better results in the gym and in bed"

next day. But after sleep deprivation, your brain reaches delta wave state faster. So by gradually reducing your hours, you'll train it to shortcut straight to the good bit. Start by pushing lights out back five minutes every night for four weeks. Just ensure you keep getting up when your alarm goes off. Even if that means enlisting your better half to roll you out of bed. And – we're sorry – that does include weekends.

You can encourage your body into slow-wave sleep more quickly by chucking out the spuds. **4** That helps guarantee that the hours you're getting are prime quality, not dream-ridden. This process will, admittedly, take its toll in the first month. Expect to be as groggy and short-nerved as a new dad. But the body will adjust in time. You'll soon find that you're not only back to fighting form but, with all the extra hours available, inspired to fill them.

PERONI



drinkaware.co.uk
for the facts

THE HOUSE OF PERONI.COM

COLD WON'T CATCH YOU

Face down the British weather in style with this tough-as-hail running kit that will take whatever life – or a muddy road – can throw at it. Come hell or high water, you're still getting to work fast

01

PUT EXCUSES ON ICE

Looks like high-end streetwear, runs like high-spec military gear. This jacket provides the necessary insulation while allowing the right amount of air in so you don't overheat, thanks to what Nike is calling Aeroloft technology. Fancy marketing talk? Probably. But *Runner's World* put it to the test; the conclusion: it's ridiculously light but still snug as a parka, so you're essentially running in a stylish down-feather duvet. Headwinds be damned.

Nike Tech Fleece Aeroloft Windrunner jacket £220 nike.com

02

CONTROL YOUR CORE

Skin-tight just got cool. Insulating but breathable in its sweat-wicking functions, this base/top layer will keep your temperature steady and muscles more relaxed than Mo Farah on sports day. And if things start heating up, remove the jacket; this long sleeve will hold its own against rain and blusters.

Adidas Supernova top £33 adidas.co.uk

03

TIGHTEN YOUR SECURITY

Keeping your equipment warm is no problem with the right strides. In fact, the Arctic Circle would be no biggie with the thermal protection of these running tights. High-vis paneling and reflective details both look sharp and give a nod to night-time safety. Plus, they feel like your PJs – only with more streamlining so you can run like the wind. Well, almost.

Helly Hansen winter leggings £30 hellyhansen.com

IF YOU MUST FALL,
DO IT IN STYLE

TREND SWEATING WINTER COMMUTE



YOUR STYLIST
MH style editor Jamie Millar's love of smart schmutter is matched only by his penchant for messy exercise

04

FLASH IN THE DARK

Because no-one wants to be the guy exposing his wares in skin-tight Lycra, over-shorts will keep you on the right side of decency. Reflective panelling flares under headlights, ensuring you don't become another accident statistic and the ergonomic fit adapts to your motion on the run, so you never have to slow down. *Adidas Supernova 5-inch shorts £30 adidas.co.uk*

05

BE ENERGY EFFICIENT

If you prefer your trainers on the acceptable side of jazzy (ie not something Pharrell would wear), then these are your ride. Stripped back in terms of weight but without sacrificing stability, these updates on the classic Zoom take less out of your stride with each step. In short: you will go faster, without risking a sprained ankle if the local council's been penny-pinching on the road grit.

Nike Air Zoom Structure 18 £100 nike.com

DON'T HEAD FOR A FALL

Wet and icy roads bring a deluge of injuries. Use these tips to always pick yourself back up



THE SHOD DELUSION

Buy trainers after work, says Dr Chad Asplund, shoe researcher at Eisenhower Army Medical Center. Your feet swell, giving you a truer fit and fewer niggles.



SHOCK ABSORBER

Dry your damp shoes on a heater in the office if you're planning on running home too. Soggy midsoles absorb roughly 50% less impact than dry sneakers, says Dr Asplund.



PATH OF LESS RESISTANCE

Crash landings require stuntman reflexes. "Be aerodynamic when you hit," says adventurer Tao Berman. "Tuck your chest, go with the fall and let your body roll over."



CHEMICAL ICE-PACK

If you do suffer a sprain, pop a bromelain supp, advises pharmacy professor Dr Chris Foley. It's like a cold pack in pill form. Bruising and healing time are cut in tandem.

SMOOTH JUST GOT FAST.



Fresh Foam gets fast with the ***Fresh Foam Zante***.
Data-driven design and intelligent geometries
combine to create a light, fast ride.

THIS IS #FRESHFOAM. THIS IS #RUNNOVATION.

newbalance.co.uk

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CHEAP THRILLS14
RISE TO THE OCCASION15
OIL YOU NEED TO KNOW

A

SUPPLEMENTS NEWSFEED 03.2015

DIY DRUGS

YOUR ORGANIC VIAGRA

Help is at hand – and with no dodgy online deals. Add this purple power powder to your soups and sauces



BEETROOT + VITAMIN B3 + L-ARGININE =

HARD GAINS

Beetroot powder oxygenates blood to stimulate growth in all the right places, L-arginine gets the blood moving and vitamin B3 reduces cholesterol, so all's ready for a stand-up performance.

BIG FAT LIES

With full-fat food back on the menu, 'healthy' oils abound. But not all bottles are created equal. Here's the lowdown on those to glug and those to gutter



KRILL OIL

Significantly reduces bad cholesterol and triglycerides and is more effective than its fishy friends at lower doses, says *Alternative Medicine Review*.



FLAXSEED OIL

Maryland Uni Medical Center reports that its high ALA essential fatty acid content can decrease your heart-attack risk. But go easy – it's a natural laxative.



OMEGA BLENDS

Too much omega-6 is not good. The Western diet's omega-6 to 3 ratio is 15:1 (you should aim for 4:1). Say no and you'll reduce your risk of early death by 70%.*



SUNFLOWER OIL

At 68% linoleic acid, this is one you should swerve. The journal *Lipids* even blames the acid for high homicide rates in Britain. Not so sunny.

THE BEST DRUG YOU'RE NOT TAKING

*BIOMEDICINE & PHARMACOTHERAPY | WORDS: EDWARD LANE | PHOTOGRAPHY: ROWAN FEE | ADDITIONAL PHOTOGRAPHY: HEARST STUDIOS

> NATURE'S OWN PAIN BUSTER

Stop the ache in your muscles and wallet with a spoonful of spirulina: an algae that works like a massage and costs less than paracetamol

Manufacturers of expensive performance supps will be green-eyed at the news just in: research has discovered spirulina (£8 for 250g [realfoods.co.uk](#)), a foul-smelling algae beloved of health hipsters, is a cheap, natural alternative. The *Ibnosina Journal of Medicine and Biomedical Sciences* discovered eight weeks of spirulina supplementation increases isometric muscle strength by 22% and endurance by 26%. Its branched-chain amino acids also lessen muscle damage during exercise, blocking the achy-breaky DOMS, while antioxidants protect your muscle tissues from fatigue. Not bad for 10p per portion. But while the price is easy on the palate, the same can't be said of the taste. Make it palatable with this quick crisp recipe below.

RECIPE KETTLEBELL CHIPS



Blend 2tbsp of spirulina with a handful of cashews and 1tbsp of miso.



Mix with the juice of a lemon and a splash of water. Sprinkle the mix over kale leaves.



Bake at low temp for 12min. This is one guilt-free snack you can keep to yourself.





THE FITTEST WOMEN ON Instagram

USE THIS MODEL TO HIIT HARDER

As a jobbing model and actress, staying in shape is all in a day's work for Myla. Adopt her High-Intensity Interval Training plan for a physique that looks the business

I don't believe anyone feels good when they're not training. Not even the most dedicated couch potato. Look: training keeps you healthy. A banging body is just a nice payoff.

My job demands I stay in shape, but I'm no rice cake model. I like my curves. My drive is to feel fit rather than hone my abs (though the former helps with the latter). I mix weights, swimming – stuff that keeps me guessing. Cardio machines bore me.

My secret is BodyPump and it could be yours too. First, banish any girly stereotypes.

You apply HIIT timings – intense bursts and short rests – to bodyweight moves, with sprints in between. So sprint, squat, sprint, do burpees etc. It's a full-on, metabolism-boosting circuit and frankly, if you're not running for a bucket after 20 minutes then you're not doing it right.

If you're training this hard, you need to eat. Denying yourself the things you love is as damaging as a poor diet. I eat well, I drink; I just undo the damage in the gym. I know it's not meant to work like that, but like I said, it's about the feeling. And I feel great.

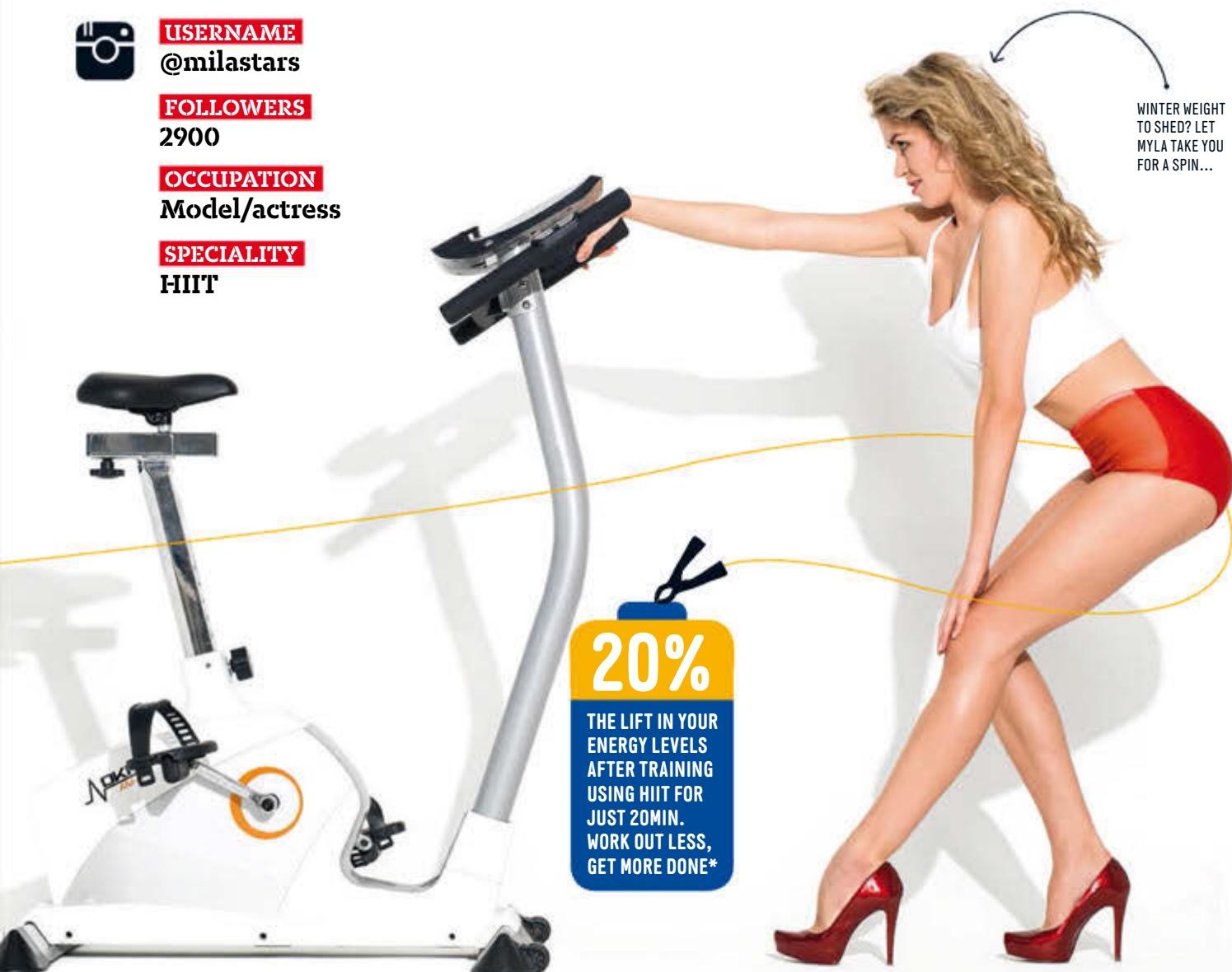


USERNAME
@milastars

FOLLOWERS
2900

OCCUPATION
Model/actress

SPECIALITY
HIIT



REMODEL YOUR BODY

Use Myla's fast-paced workout to shock your body, putting the nervous system to work and increasing your energy levels. Perform these four moves as a circuit before work, after a big night – or both, as the case may be



01 CRISS-CROSS ABS 20SEC ON, 10 OFF

Take this move lying down: hold a kettlebell to your chest and cycle your legs, bringing the opposite elbow and knee together. Exhale sharply to really hammer those abs.



02 KETTLEBELL SWING 20SEC ON, 10 OFF

For greater thrusting power than Nasa, start with the KB between your legs. Drive your hips forward to swing, keeping your back straight. Use the momentum to carry on going.



03 PULL-UP/PRESS-UP 20SEC ON, 10 OFF

This is a punishing superset. Contract your shoulders to pull up, then immediately let go of the bar and drop into a press-up, tensing your abs hard. Jump up and repeat.



04 LATERAL BEND 20SEC ON, 10 OFF

Put your luggage weight to the test. DB in one hand, bend to the side until you feel the stretch; return. This builds rock-solid obliques. Who said training like a girl was easy?

**IF YOU'RE ALWAYS UP FOR TRYING
NEW THINGS, YOU SHOULD DEFINITELY
TRY NEW **EMERGEN-C** VITAMIN DRINK
MIX FOR IMMUNITY SUPPORT AND
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Emergen-C contains 1,000 mg of vitamin C to support the immune system's normal function and 6 B vitamins contributing to normal energy release, and it comes in three great tasting, fruity flavours, Super Orange, Juicy Strawberry and Zingy Lemon.

 Find us in the vitamin aisle.



1 GIVE YOUR INFO RETENTION A LIFT

2 GET A VICE-LIKE GRIP ON FOOD CRAVINGS

3 DON'T LET CANCER OUT OF THE BLOCKS

4 CRUNCH YOUR WAY TO BETTER SEX

EDITED BY EMILY BADIOZZAMAN

TIME

MAXIMISING LIFE'S GREATEST LUXURY



DEVELOP TOTAL RECALL

20
MINS TO A 20%
MEMORY BOOST

While MH has nothing against the sudoku pages, you don't need to prioritise brains over brawn to keep your grey matter in shape. You'll have heard us expounding the benefits of cardio for neurological health before, but for a direct injection of brain fuel when you need it most, you're better off hitting the weights. Opting for as little as 20 minutes of resistance training instead of pounding the pavements can trigger a fast improvement in your

memory, increasing recall by 20% – a stat that's worth remembering. According to a recent study in the journal *Acta Psychologica*, 50 leg extensions performed after a memory task (reviewing your notes for a presentation, say) is all it takes to keep you in an immediately heightened state of awareness for up to two days. Make heavy-lifting part of your pre-meeting prep to turn your brain from sieve to sponge and add some muscle to your persuasive powers.

MUSCLE MEMORY FOAM:
WEIGHTS WILL LEAVE
A LASTING IMPRESSION

PUMP UP YOUR BRAIN VOLUME

Use PT Scott Laidler's simple circuit to build the power of Chris Hoy and mind of Brian Cox on your lunchbreak



DB CHEST PRESS
3 SETS OF 20 REPS
Add size to your pecs and tris. Just don't drop the DBs on your cranium.



LAT PULL-DOWN
3 SETS OF 20 REPS
Gain the coveted V-shape (brains are great but, hey, so is filling your shirt).



LEG EXTENSION
3 SETS OF 20 REPS
Build velodrome-quality quads to complement your Olympian intellect.

SEIZE EXTRA SELF-CONTROL

900**MILLISECONDS TO PUT THE SQUEEZE ON YOUR JUNK FOOD CRAVINGS**

If you're struggling to make the transition from comforting six-inch sub to nourishing six-bean salad, there's a simple way to make a good fist of it. Hungry psychologists found that simply clenching your hand before ordering doubles the likelihood of you making healthy food choices. It's all down to 'embodied cognition', a theory that focuses on how bodily movements and gestures can influence conscious decision. According to a study in the *Journal of Consumer Research*, your brain associates closed fists with strength, and this action alone triggers a surge in willpower when you're faced with greasy temptation. As well as helping you drive past rather than drive-thru the Golden Arches, this handy trick improves your motivation, whether you're waning in the workplace or at the dinner table. It's time to get a grip on yourself.

**FIRM UP YOUR RESOLVE**

Tap into your hidden resources with physical gestures that strengthen your mental fortitude. It's matter over mind

01 IN MEETINGS

Tense your abs during a fiery debate. It'll help you hold your ground when fist-making isn't smart.

**02 AT THE GYM**

Clenching your teeth as you lift makes you 10% stronger, say Marquette University scientists.

**03 ON THE PITCH**

Squeeze your left hand before taking a penalty; it fires up the instinctive right side of your brain.





OUTRUN DISEASE

40

MINS TO STOP PROSTATE CANCER IN ITS TRACKS

Putting foot to pavement is now officially the fastest way to beat the Reaper. A recent study by UC Berkeley found that clocking upward of 64km a week at a pace faster than 1km per four minutes minimises your risk of an enlarged prostate and curbs your likelihood of cancer by a third. Runners who make the grade produce less natural stress hormones than those they leave in the dust – good news for both your mental state and prostate. But don't sweat the distances: if you can't yet manage a 40-minute 10K every day, aim for two 5Ks in half the time – to work and back, say. Just don't ever tell us running's a pain in the backside again.

GAIN PACE TO DRAW
A FINISH LINE UNDER
YOUR BIG-CRISK

QUICK TIPS

Got a need for speed? PT Dan Roberts has your nitrous button



01 ANGLE POISE

Lean forward from your shins, not waist. It will maximise your natural dynamics.



02 THINK FAST

For an extra burst of adrenaline, imagine you're being chased by an assailant.



03 ARM YOURSELF

Drive your arms high, bringing your hands right up to eye level, to power your stride.

PLANT THE SEED...

90 SECONDS TO CREATE SEXUAL CHEMISTRY

Science has found you an unlikely wingman when it comes to the crunch on date night. While celery may be a less traditional – albeit subtler – appetiser than truffles or oysters, researchers in Chicago found that chowing down on the vegetable makes you more attractive to women: a single stick equals sexual dynamite. Its appeal-enhancing potential comes down to two pheromones, androstenone and androstenol, which increase your allure by altering the scent of sweat in your glands. Trust us, it's far more seductive than it sounds – the fragrance is a natural aphrodisiac with which no amount of Sex Panther can compete. Crucially, it starts working instantly, so keep that in mind next time you bring out your wine-and-dine game. Just don't be surprised if you're not sticking around for dessert.



CONSIDER CELERY
THE ACCEPTABLE
FACE OF STALKING

THE GREEN REVOLUTION

Orchestrate an evening menu that'll get your pheromones working within 10 minutes, not a vial of musk oil in sight

01 BLOODY MARY

Enjoy a glug of Dutch courage. Bonus: the celery acts as a palate cleanser between sips.



02 STICKS AND DIPS

Try chopped celery with guacamole – vit B6 in the avocado boosts hormones that fire up your libido.



03 CELERY & TRUFFLE SOUP

Truffles are another top source of androstenone, so go for a double hit with this lovin' spoonful.



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Innovation
that excites

PERSONALISE YOUR THRILL WITH THE NEW NISSAN JUKE

Dare to do things differently with the new Nissan Juke's colour personalisation options. Enhance its bold new look with your own twist. Just like Olympic Medallist Jenny Jones, it's about standing out from the crowd. Now watch her in action with the Nissan Juke, discovering the thrill of personalisation at www.nissan.co.uk/jukepersonalisation.

The new Nissan Juke – made Great in Britain.



Olympic Medallist Jenny Jones

Stunt performed by Olympic medallist Jenny Jones. Do not emulate.

Fuel consumption figures for Juke range: URBAN 34.0-61.4mpg (8.3-4.6L/km), EXTRA URBAN 51.4-76.4mpg (5.5-3.7L/km), COMBINED 43.5-70.6mpg (6.5-4.0L/km). CO₂ emissions 153-104g/km. MPG figures are obtained from laboratory testing. Denham Way, Rickmansworth, Hertfordshire WD3 9YS.



and intended for comparisons between vehicles and may not reflect real driving results. Model shown is a Juke Tekna with optional Exterior+ exclusive pack through dealers only. Refer to dealer for exact specification. Models subject to availability. Information correct at time of going to print. Nissan Motor (GB) Ltd, The Rivers Office Park,



BURNING AMBITION

LEIGH HALFPENNY HAS THE RUGBY WORLD IN THE PALM OF HIS HANDS. HE WANTS MORE. FROM HIS NEW HOME AT TOULON, THE WALES STAR GIVES YOU THE SPARK YOU NEED TO TRANSFORM YOURSELF – AND THE FIRE YOU NEED TO SUCCEED

WORDS: DAVID MORTON | PHOTOGRAPHY: DAVID CLERIHEW | CGI: PETER CROWTHER

COVER MODEL MUSCLE
LEIGH HALFPENNY



>

W

THE HALFPENNY THAT'S
WORTH HIS WEIGHT IN GOLD

hen you last saw Leigh Halfpenny playing rugby, just under a year ago, he was probably making a try-saving tackle on England centre Luther Burrell in a far corner of Twickenham during the 2014 Six Nations. With his team losing 29-18 and seven minutes left on the clock, the Welsh fullback steamed across the field, dipped his head and smashed into the man certain to score. It was the kind of collision that super-slow mo and HD TV was made for; the sort that makes you wince and wonder how they get out of bed the next morning. Wales still lost by 11 points at the final whistle.

Halfpenny himself had already been helped off the field. Five inches shorter and around four stone lighter than the Englishman, he dislocated his shoulder shunting Burrell into touch and spent the next fortnight with his arm in a sling. The boy from a tiny town near Swansea you won't have heard of would make the same hit a hundred times again, the motto passed down from his grandfather ringing through his head with every impact: "None shall pass".

But he's a long way from Gorseinon now – about 700 miles south in Toulon, a small French city on the Mediterranean, not too far from Marseilles. The latest big-name signing by RC Toulonnais, Halfpenny arrived last summer after six years of service for his local top-tier club, Cardiff Blues. And he came with a big rep too, having been voted player of the series in the first victorious British Lions tour for 16 years.

Dubbed the "Real Madrid of rugby", Toulon is owned by French businessman Mourad Boudjellal, who brought some of the best players in the world to the then second division team. Today they are the European cup holders – a trophy they've had in their cabinet for two years on the trot – and count Tana Umaga, George Gregan and Sonny Bill Williams among

"I SEE THE PRESSURE AS A PRIVILEGE. IT'S WHAT ALL MY HARD WORK HAS BEEN ABOUT"







SHORTER, SHARPER TRAINING SESSIONS GIVE HALFPENNY MORE HOURS IN THE DAY TO SPEND PERFECTING HIS KICKING AND HANDLING SKILLS

SESSION ONE SPEED AND BALANCE

Pace is nothing if you can't control it. This first workout will strengthen your posterior chain and core for an athletic and injury-proof physique

THE WARM-UP

Do 2 sets of 10 squats with a medium-to-light weight. Concentrate on your form

01 **SQUAT**
5 SETS OF 4 REPS
Lie a barbell across your shoulders (A). Bend at the hips and knees to sink as low as possible (B), pause and drive back up.

02 **CABLE CROSSOVER**
4 SETS OF 10 REPS
Set the D-handles to both sides of a cable stack and hold them, elbows bent (A). 'Hug' them together in front of you (B).

03 **GLUTE HAM RAISE**
4 SETS OF 5 REPS
Lock your feet in the machine. Now use your hamstrings to fight gravity as you lower (A). Rise back up (B) and repeat.

04 **BARBELL HALF-MOON**
4 SETS OF 6 REPS SIDE
Set one end of a barbell in a corner, a plate at the top. Hold it with straight arms (A). Twist to lower to one side (B) then the other.

was motivated by more than his career. "It's awesome running onto the pitch with the guys here," he says. "The class they've got means you have to be at the top of your game if you want the jersey."

"But it's the challenge for me as a person that I really wanted, you know? Become fluent in French, hopefully, learn about a new culture, meet different people, make some new friends. That was something that I wanted to throw at myself."

He has approached the language barrier with customary dedication, adding two private lessons a week to the single class provided by the club to its non-Gallic players. One of the team managers who speaks English explains tactics during meetings and Halfpenny has picked up the on-field calls and terms that he needs to play on a Saturday. It's off the field, he admits with bashful honesty, that it's been pretty tough.

"Simply going out to get food from the supermarket was difficult to start with. If I needed to find something it was hard just trying to work out if they had it," he says. "You know, when I first moved here I didn't get a haircut for a good two months. I was too afraid to go to the hairdresser. My hair started to get pretty long."

STRENGTH OF CHARACTER

Thankfully, performances for his new team require no translation and the dedicated preparation that's required to remain an elite player is something Halfpenny is already fluent in. The training sessions in the south of France are shorter than he's used to, giving him plenty of time to do what he calls his "extras", working on areas of his game he wants to improve and, of course, practise his

COVER MODEL MUSCLE
LEIGH HALFPENNY



"THE CLASS HERE MEANS
YOU HAVE TO BE AT THE
TOP OF YOUR GAME IF
YOU WANT THE JERSEY"

ON THE PATH TO RUGBY
GLORY, HE WON'T PASS IT UP



SLED RUN

3 SETS OF 10M

Strap on the harness in a sprinting position, your back straight, knees bent (A). Burst off the mark, driving hard to pull it (B).

TURKISH GET-UP

3 SETS OF 6 REPS SIDE

Lie with a kettlebell in one hand above your shoulder (A). Plant your free hand and push with your legs to come up (B), and reverse.

COVER MODEL MUSCLE
LEIGH HALFPENNY

IF YOU'RE LIVING YOUR DREAMS
YOU CAN HANDLE THE HEAT

"AS A KID I'D IMAGINE
KICKING FOR A GRAND
SLAM. THIS IS HONESTLY
A DREAM COME TRUE"

SESSION TWO UPPER-BODY STRENGTH

Halfpenny has added visible bulk to thrive in international rugby. Use this session as a one-stop V-shape builder and know that you could handle the Six Nations if you *had* to...

THE WARM-UP

This time, do 2 sets of bench presses and 2 of chin-ups. Again, don't push yourself. You'll need your strength

kicking, sending ball after ball through the posts in solitary but happy toil.

He's just as happy in the bustle of the club weights room, though. His physique was not built for the mirror, nor was it motivated by a desire to work off that last 1% of body fat before a holiday. For him, his body is the tool he uses to excel at the sport he loves and every rep and set is performed for a reason; there are no accidents. Seeing how the work he does off the pitch affects his performance on it is what motivates him to keep pushing.

"When I'm doing exercises, I relate them to the game and how they'll benefit me on the field," he says. "So if I'm doing squat jumps I know they will help me get the height I need to catch high balls. I'm not the tallest guy in the world so that's something I really work on."

"Toward the end of the week, you want to fit in a quick power session. Try a set of cleans with some box jumps, so you're not lifting too much weight. You're just sharpening the blade, really."

After each day is finally done, he jumps in his car (a Volkswagen Golf emblazoned with the RC Toulonnais logo, lent to him by the club so that he can let his girlfriend have his Range Rover) and drives the short way up the hill to his house. On the way, he stops for a unique kind of rehab you're unlikely to enjoy in Swansea.

"I go by the port on the way back from training and I stop there, stick a fleece or hoody on and wade into the sea in my shorts," he says. "I'll walk in up to my waist and stand there for 10 minutes or so to get my recovery done. It's a bit nicer than sitting in an ice bath; you're in the sea looking at the beautiful scenery. It's not bad, you know."

KICKING FOR GOALS

Looking after his body is Halfpenny's 9-5, but modern rugby is a round-the-clock job. A niggling groin injury – which at one point threatened to derail his signing for the club – still bothers him, as well as those who have a vested interest in the integrity of his right leg. During his photo shoot with *MH* he apologises profusely for having to take two phone calls, one from Warren Gatland and the other from Rob Howley, respectively the head and attack coaches of Wales. Both rang to ask how his groin was feeling.

It's a lot of pressure for a man still only 26 years old, but he doesn't begrudge it. Halfpenny smiles at the thought. He wouldn't have it any other way.

"As a kid it was a dream for me to play for my country and kick for my country. I used to play with my granddad after school and imagine kicking for a Grand Slam and commentate to myself. So I can honestly say that to be doing that is a dream come true.

"The pressure that comes with it, I see as a privilege," he says. "It's what all that hard work over the years has been about."

Outside of the gates into the Stade Mayol there are slabs with red stars paved into the walkway, each one inscribed with a name of a legendary Toulon player. As he's getting into his car it's pointed out to him that are two empty stars left. And that the last name stamped into the ground is Jonny Wilkinson's.

He pauses and smiles again. "That's the next goal, then, isn't it?" ☀



WITH AUTUMN'S WORLD CUP LOOMING, HALFPENNY IS FOCUSED ON GAINING MOMENTUM FOR WALES. WE ADVISE STAYING OUT OF HIS WAY

01	02	03	04	05	06
INCLINE BENCH PRESS 5 SETS OF 3 REPS Hold the bar above your chest (A). Lower it with your elbows in (B). Stop before it touches you and push back up hard.	STRAIGHT-LEG LOWER 5 SETS OF 5 REPS Lie flat, feet together (A). Lift your legs to 90° (B), then slowly lower them, lifting again just before they hit the floor.	CHIN-UP 5 SETS OF 4 REPS Start in a dead-hang position, palms facing you (A). Flex your biceps to bring your chin to the bar (B), pause and lower.	PLANK WITH DISC SLIDE 5 SETS OF 8 EACH SIDE Get in a regular plank position with a towel under each foot (A). Slide each foot toward your hands in turn (B).	DB CURL TO PRESS 3 SETS OF 8 REPS Hold dumbbells at your sides (A). Curl them up, twisting them to your shoulders, dip your knees and press them up (B).	SCAPULA PUNCH 3 SETS OF 8 EACH SIDE Hold the bar at one end and rest it on top of your shoulder (A). Square your feet. Push it away (B). Do 8; swap sides.
SUPERSET 01		SUPERSET 02		SUPERSET 03	



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Size, swiping and getting serious

THE LAB

PUTTING HEALTH UNDER THE MICROSCOPE

Men's Health

EDITED BY CARLENE THOMAS-BAILEY

MH INSTITUTE

WORN TO RUN

A HEAVY BASSLINE WILL TURN YOUR WORKOUT UP TO 11, BUT YOU CAN'T FOCUS ON SPEED WHEN YOUR CANS ARE SLIDING OFF. WE'VE TESTED WHICH HEADPHONES LAST THE DISTANCE

First, some sound stats: tuning in while exercising increases endurance by 15% and boosts energy efficiency by up to 3%*. With the right tunes (faster music equals increased speed) you not only get more pleasure from your workout, the music actually makes your HIIT session feel less exhausting too, by reducing your perceived level of effort.

MH took the claims of the latest sports headphones to Salford University's £2.5million acoustic testing facilities. We combined a treadmill experiment with white noise sound tests, and Dr Rob Oldfield's team of technical sound experts analysed how well each pair will stay in/on your ears, hold up against sweat, and perform acoustically. Pick the right pair for your needs and press play on your new PB.



01
SCORE
8.5/10



01

HEALTH TRACKER 8.5/10

JABRA SPORT PULSE WIRELESS
£200 JABRA.CO.UK

02

HYGIENIC HEADWEAR 7.5/10

DENON EXERCISE FREAK
£150 DENON.CO.UK

TRAIN HARDER

■ These have a built-in heart monitor, so you can banish those chest straps for a start. Opt for the voice coaching option if you need an extra boost during training, and a set of ear hooks lodges the 'phones in place providing a tight fit – these were easily the most comfortable set. The short cord runs behind your neck, rather than catching in your zip. Plus they look great.

OUR EXPERTS SAY

■ The bass was a little flat, and higher notes came through slightly tinny/harsh. Not a problem if you're obsessed with the Serial podcast, but musically, you'll miss the range at the bottom end.

THE LAB STATS

■ Bass test	●●●●●○○○○
■ Frequency balance	●●●●●○○○○
■ Comfort	●●●●●●●●●●
■ Sweat proof	●●●●●●●●●●
■ Looks	●●●●●●●●●●

CLEAN UP YOUR WORKOUT

■ If you're the type with anti-bac hand gel in your gym bag, you'll appreciate ear tips that prevent bacterial buildup during your workout. There's also an on-board amplifier, a microphone for taking calls and cushioning to make these easy to wear. But as a result of all that spec, they can feel a bit too heavy on longer runs or cardio adventures.

OUR EXPERTS SAY

■ This pair offers a lot of useful add-ons, but connecting to Bluetooth proved difficult. In testing we found the sound was very tinny, plus it didn't handle bass too well, affecting sound quality.

THE LAB STATS

■ Bass test	●●●●●○○○○
■ Frequency balance	●●●●●○○○○
■ Comfort	●●●●●●●●●●
■ Sweat proof	●●●●●●●●●●
■ Looks	●●●●●●●●●●



03

NIGHT RIDER

6/10

MONSTER ISPORT FREEDOM

£230 SHOPMONSTERPRODUCTS.CO.UK**SIDESTEP YOUR SWEAT**

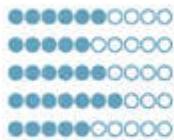
■ The bright neon colour is great for night-time runners, and you'll never lose them in your gym bag. The over-ear style means you don't have wires getting in the way while ploughing through your reps either. Holes in the material encourage airflow, and you can take the ear pads off and wash them. On the downside, they leave quite a big dent in your wallet.

OUR EXPERTS SAY

■ In treadmill running tests the seal between the pads and the ear broke easily, making sound quality unreliable. So these are better for an indoor cycling workout than a long-distance run.

THE LAB STATS

- Bass test
- Frequency balance
- Comfort
- Sweat proof
- Looks



04

OUTDOOR TRAINER

7/10

POWERBEATS 2 WIRELESS

£170 BEATSBYDRE.COM**BASS PLAYER**

■ These are big on style but come in at a svelte 24g so they're light enough for circuits or longer cardio – you'd expect nothing less from Dr Dre's pet project. They're protected against splashing water, so will survive a vigorous workout, and although they didn't block external noises particularly well, that's no bad thing if you're running outside.

OUR EXPERTS SAY

■ A good pair of headphones delivers all sound frequencies equally. This model falls a little short, with an emphasis on heavy bass, though if your workout mix is all hip-hop it's the perfect choice.

THE LAB STATS

- Bass test
- Frequency balance
- Comfort
- Sweat proof
- Looks

05

POWER PERFORMER

9/10

YURBUDS LIBERTY WIRELESS

£80 YURBUDS.COM**PITCH PERFECT MOTIVATION**

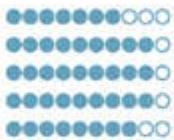
■ These tick the boxes on style, savings (they're the cheapest we tested) and sound. We've given top marks for design too – they wrap behind the ear so there are no wires hitting your face. Finally the in-ear pieces are made of flexible, wipe-clean silicone. If we must find fault, it's the up-to-60hr charge before first use. Thankfully the screen shows battery life.

OUR EXPERTS SAY

■ Of the models tested, these performed best. Whatever you're listening to, you'll appreciate the well-balanced and clear sound, but a rise in the mid-range means some might find the bass lacking.

THE LAB STATS

- Bass test
- Frequency balance
- Comfort
- Sweat proof
- Looks

**GOT THE HEADPHONES JUST NEED A PLAYLIST?**

Graham Peycke is a trainer at Speedflex (speedflex.com) – a class that provides real-time feedback on heart rate and energy expenditure. Here he helps you match your beats to your BPM*.

**PRE WORKOUT 57-76 BPM**

Back To Basics
The Shapeshifters
One More Time
Daft Punk
Money On My Mind
Sam Smith

**WEIGHT TRAINING 95-114 BPM**

Pjanoo
Freemasons vs Eric Prydz
Show Me Love
Robin S
I Know
Shift K3Y

**LONGER CARDIO SESSIONS 114-152 BPM**

In My Mind
Axwell
Summer
Calvin Harris
I Will Never Let You Down
Rita Ora

**RECOVERY 76-114 BPM**

Endorphins
Sub Focus
Changes
Faul & Wad Ad Waves
Mr Probz

05
SCORE
9/10MH
WINNER

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I SWEAR, IT'S GOOD FOR YOU

'BAD' LANGUAGE CAN BE A GREAT TOOL. MAKE A ROBUST ALLY OF STRONG WORDS TO OVERCOME ALL OBSTACLES

sn't swearing wonderful? To my mind it fucking is. The act of swearing, the summoning of words that are strangely imbued with a delicious potency, is both a force to be reckoned with and a joy to be had. In conversation it sharpens the point and intensifies the argument. In moments of ecstasy it punctuates the climax. Swearing has physiological properties too, having the power to both generate physical energy and alleviate anguish. Easy, egalitarian, effective – really, what's not to like?

In bygone years, salty language brought 'forbidden' ideas to mind. Take a wank, for example, or a fuck. These are deliciously coarse words used to describe activities that, while entirely normal, we nevertheless still like to see happen behind closed doors. The history of swearing is, of course, deeply entwined with that of the Church, where to take the Lord's sobriquet in vain is/was a punishable taboo. Speaking as one whose mother named him after The Pope, none of this is lost on me. The original John-Paul taught me all about blasphemy, that strange concept whereby certain words are permissible unless repeated in the wrong context. I grew up knowing that to utter the words "Jesus Christ" in a fit of pique was a very bad thing, not to mention throwing the odd "fucking" in there for good measure. Which, of course, made me love it all the more.



MH's John-Paul Nicholas explores the challenges facing modern men to find your healthy state of mind

And yet it took me almost 30 years to have affirmed what I'd known deep down all along. Namely, that profanity equals power. In his book *The Stuff of Thought: Language as a Window Into Human Nature*, cognitive neurolinguist Steven Pinker details the five ways we curse, which any talented potty-mouth will instantly recognise. Let's take the F-bomb. We might say that we want to fuck (descriptive swearing) and express how fucking much we want to (emphatic). Alternatively, we could attempt to identify which fucker ate the last Jaffa Cake (abusive) and say how fucked-up it is that he left the empty box (idiomatic) in an attempt to relieve the resulting fucking anger (catharsis). We can all identify with these examples, but it is in the last instance that swearing's real power lies: cursing can anaesthetise pain.

When you're pushing for one last rep or holding on for that penultimate kilometre, a full-throated roar of your favourite expletive will ease you over the line. Try it and see. "Swearing triggers

"You can use profanity to sledgehammer through the wall during a run, or to stay in the ice bath after"

ABOUT TO SNAP? A WELL-PLACED CUSS EASES THE STRAIN



a well-known stress-induced analgesia," says Professor Richard Stephens, senior lecturer in psychology at Keele University. "It's part of the fight or flight response. Adrenaline is released, the heart pumps faster and we become more enabled to overcome an aggressor or make a swift getaway. Swearing helps many people better tolerate pain." So you can either use profanity to sledgehammer through the wall during a marathon, or to just help you stay put in the ice bath after it.

But please allow me one small plea for temperance (it's the Catholic guilt, you see). Much as I love that my predilection for the language of the sewer now has a bona fide health benefit, I know it is nevertheless something to be cherished, not abused. Like other habits that tax reward centres, its use brings diminishing returns. "People who swear most in everyday life get less benefit," says Stephens. "It seems that its emotional effect wears off through overuse."

Now, rather than directing a rainbow of colourful language at kamikaze cabs each morning from my bike saddle, I keep my quota in reserve for when I really need it. When I ran the New York marathon last year, I kept my sacred mantra until the painful last 800m. Sure, I'm not particularly proud of my mid-'fuck' photo at the finish line, but I made it and got the medal. Swearing may not be big, but it really is quite clever.

A BETTER PILL TO SWALLOW

IS TRADING THE GYM FOR WEIGHT-CUTTING DRUGS A GOOD DEAL? MH'S LAB RAT DOSES UP TO DROP SOME FAT

No matter how many mornings I spend standing in front of my bedroom mirror, sighing as I paw at my doughy middle, I still can't bring myself to join my colleagues on the high-intensity, carb-free bandwagon. I'm stubborn. I choose my duvet over early morning runs and weekend takeaways over a week's worth of lean-lunch prep on a Sunday night. So, when eBody's T5 Hardcore fat-burning pills landed on my desk with their aggressive branding and promotional bluster, I was intrigued. Could these little red pills really burn away my body fat – without demanding I sacrifice my love of lie-ins? I'll try anything once.

Scanning the label, I realised I should probably have pored over the long list of ingredients in advance. Each two-capsule serving contains 150mg of caffeine (a coffee's worth), alongside a cocktail of seven other stimulants. They pack far more buzz than my usual builder's brew. An hour after my first hit, my heart was beating faster than normal. This wasn't exactly surprising – the effects of caffeine are pretty well known; increased energy expenditure equals weightloss. But it was more intense than the feeling you get after an espresso shot. I decided to do some research about what I'd signed up for.

I called Dr Igho Onakpoya at the University of Oxford, who has published research on the effects of over-the-counter slimming pills. He explained that, while the thermogenic (calorie-burning) effect from caffeine can increase the amount of fat you lose, excessive doses can result in anxiety and sleep disturbances. Your average fat-burner packs extra



ingredients such as green tea (more caffeine) and bitter orange, which contains synephrine, another similarly heart rate-raising stimulant to boot.

"The danger with taking such pills in the long-term is that the caffeine concentration in the body could become toxic," he said. "This results in detrimental health effects such as high blood pressure, irregular heart rates and sleeplessness." Oh.

Despite this, reports by the British Nutrition Foundation show yearly sales of over-the-counter slimming products exceed £900m in Western Europe alone. This is no fleeting fad. Plus the early-hours adverts suggest a handful can transform me into an *MH* poster boy, no pulls-up required. They're also comparatively wallet-friendly; my bottle set me back £40 for 120 capsules, compared to £50 for a month's gym membership and its £100 joining fee.

Surely, like Kanye winning an award for humility, this had to be too good to be true. Only time – and a bit



EAT ME: ONE PILL MAKES YOU SMALLER



of self-experimentation – would tell. For the next four weeks, I endeavoured not to consciously change my habits. I popped two capsules twice a day, once in the morning and again after lunch. Almost immediately I was more satisfied by smaller meals; my usual pile of spaghetti and meatballs felt too heavy come dinner. The pills seemed to be working as an appetite suppressant, rather than simply scorching my fat.

I didn't just eat smaller portions in the evenings, either. I became disinterested in food. Mealtimes had lost their allure and my calorie count continued to plummet. By week three, I was making significantly smaller plates of fodder (see right) and my daily intake dropped by an estimated 500 calories. By day

"Mealtimes had lost their allure and my calorie count was plummeting"

21 I'd already lost 6lb and an inch off my waist. Trust me, no-one was more surprised by the numbers than I was. It seemed like far too easy a win.

In the final week, the winning streak stopped. My indolent fat-burning high came crashing against a wall. My calorie intake steadied and my weight plateaued. According to Judith Stern – a professor of nutrition at UC Davis California, who's studied the slimming-pill phenomenon – I'd built up a tolerance to the caffeine. For this reason, the pills should be regarded as a short-term aid or a way to kick-start a fitness regime. I don't think they're viable as a long-term solution. But still, they had worked. Sort of.

Despite losing nearly half a stone, I didn't enjoy the process. I hated feeling my heart beating so fast that I could have been an extra in *Human Traffic*. I missed the pleasure I used to get from food. For the entire 28 days I felt grim; I was permanently on edge during office hours, before crashing out, exhausted, early evening. (NB Because of the high caffeine content I wouldn't advise taking these at dinner – you'll be too jittery to sleep.) Now that the challenge is over, I've flushed the pills and picked up the weights that were gathering dust in my living room. The promise of a quick fix is no substitute for heavy metal.

SORT THE HITS FROM THE MYTHS

WANT SOME OF WHAT HE'S HAVING?

Professor Stern breaks down the key chemicals in a standard slimming supp



BITTER ORANGE EXTRACT 500mg

Claim: Increases your calorie expenditure.

Result: Can burn off a kilo in six months, says *Obesity Research*.

Potential side effects:

Raised blood pressure, if taken with caffeine.



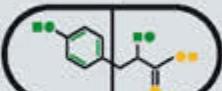
GREEN TEA LEAF EXTRACT 400mg

Claim: Curbs hunger; aids fat metabolism.

Result: Some effect has been observed but more research is needed.

Potential side effects:

Insomnia or agitation with excessive use.



L-TYROSINE 100mg

Claim: Makes eating fewer calories easier; improves your mood.

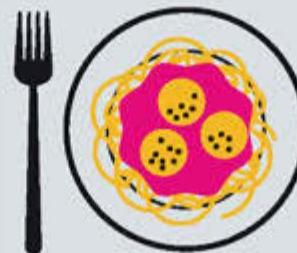
Result: Can aid fat loss, found the *International Journal of Obesity*.

Potential side effects:

Avoid if you have high blood pressure.

HOW OUR LAB RAT'S APPETITE ALTERED

Ted's average evening meal shrank considerably while popping pills



BEFORE THE PILLS

Day one

Spaghetti meatballs in tomato sauce:

- Meatballs 652
 - Tomato sauce 80
 - Pasta 342
- = 1074 calories

DURING THE PILLS

Day 21

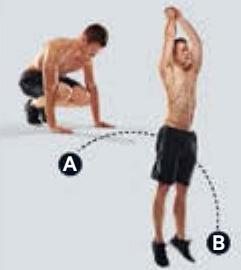
Tuna mayo, sweet potato and salad:

- Tuna mayo 189
 - Sweet potato 112
 - Green salad 60
- = 361 calories



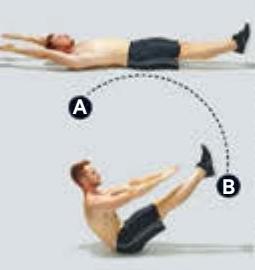
A BETTER WAY TO SCORE YOUR HIIT

No little red pills required. This mini-circuit from Simon Bateman* will fire your metabolism and curb hunger



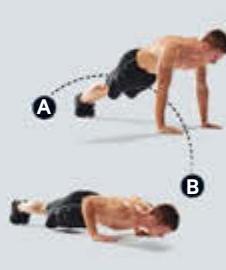
BURPEE 15SEC

Kick off with a short burst at max effort. Drop into a squat, kick your feet back and do a press-up, then jump back up and repeat. After 15sec, move on to your low-intensity move without resting.



V-SIT 60SEC

Lean back slightly and raise your legs, reaching your arms forward; hold. Alternating intervals with active recovery boosts your body's appetite-suppressing hormones. Now to ramp it up again...



PRESS-UP 15SEC

Perform these quickly, pushing up explosively so your hands leave the floor, and clap in mid-air before landing. Go back for another 60sec V-sit. That's one circuit. Complete three.

COLLECT CODES

GET KIT

When you feel your best, you perform at your best.
Lucozade Sport gives you the fuel, and now the kit, to rule.

From fully customisable match day kits to training gear and equipment, the Kit-Out Project has it all to give you or your team the edge.

Register at lucozadesport.com/kitoutproject and collect codes from bottles of Lucozade Sport.

SO WHAT ARE YOU WAITING FOR?

**COLLECT CODES.
GET KIT.**



**KIT-OUT
PROJECT**

Lucozade Sport provides carbohydrates and electrolytes to enhance hydration and help maintain performance during prolonged endurance exercise. OPENING DATE: 1 JULY 2014, CLOSING DATE: 31 MARCH 2015. TERMS AND CONDITIONS APPLY, please see www.lucozadesport.com/kitoutproject. LUCOZADE SPORT and the Arc Device are registered trade marks of Lucozade Ribena Suntory Ltd. © Copyright Lucozade Ribena Suntory Limited, 2014. All rights reserved.

01**LIGHTBULB MOMENT**

High blood pressure (AKA hypertension) is a symptomless stealth assassin. Don't just sit back and hope for the best: £30 will arm you with a DIY monitor ([boots.com](#)). Your reading appears as two numbers, eg 120/80mmHg, which is normal. A score of 140/90mmHg is considered high, placing strain on your heart.

03**FLUSH OUT FLUIDS**

Sodium causes water retention, which in turn puts pressure on your heart and blood vessels. That's why salt edges those BP numbers up. Make small changes on your next supermarket dash. Ditch salt-laden ketchup for natural spices and trade processed, pre-cooked meats for rare rump steak: a low-sodium protein source.

02**DOWNTWARD SPIRAL**

An expanding belt is a slippery slope leading to high BP. Men with 40in-plus waists are more at risk. Burn the fat off your abs with 30min of heart-steeling jogging. Follow with leg lifts over isometric (ie static) moves such as planks that elevate your blood pressure in the short term.

04**SOAK UP THE GOOD BITS**

Sodium is the BP enemy, but potassium is your ally, helping the kidneys remove excess water. Getting your five-a-day is the best way to hit your target. But before you go bananas with the fruit bowl, you should know spinach, beans and sweet potato are also top sources of the mineral. Combine in a salad to hit your RDA.

SINK YOUR HIGH BP

DESK JOBS AND CRISPS RAISE MORE THAN YOUR WAIST SIZE. FLUSH HYPERTENSION AWAY

05**A HAPPIER HEART**

Your body will reward you for these lifestyle tweaks, but if you're still worried after a month, speak to your GP about medication options, or check [bloodpressureuk.org](#) for meal plans and heart-strengthening workouts. Put in the hard graft now to fortify yourself against time. You can consider the six-pack a bonus.

FREE TWO WEEK SUPPLY OF
MEN'S HEALTH BEEF JERKY

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Men's Health

Fuel your body post-training with the ultimate in high-protein convenience snacks. Made from 100% British & Irish beef, Men's Health Beef Jerky will help you burn fat and build-muscle. It tastes great too! Subscribe now and secure your free stash of protein-on-the-go.



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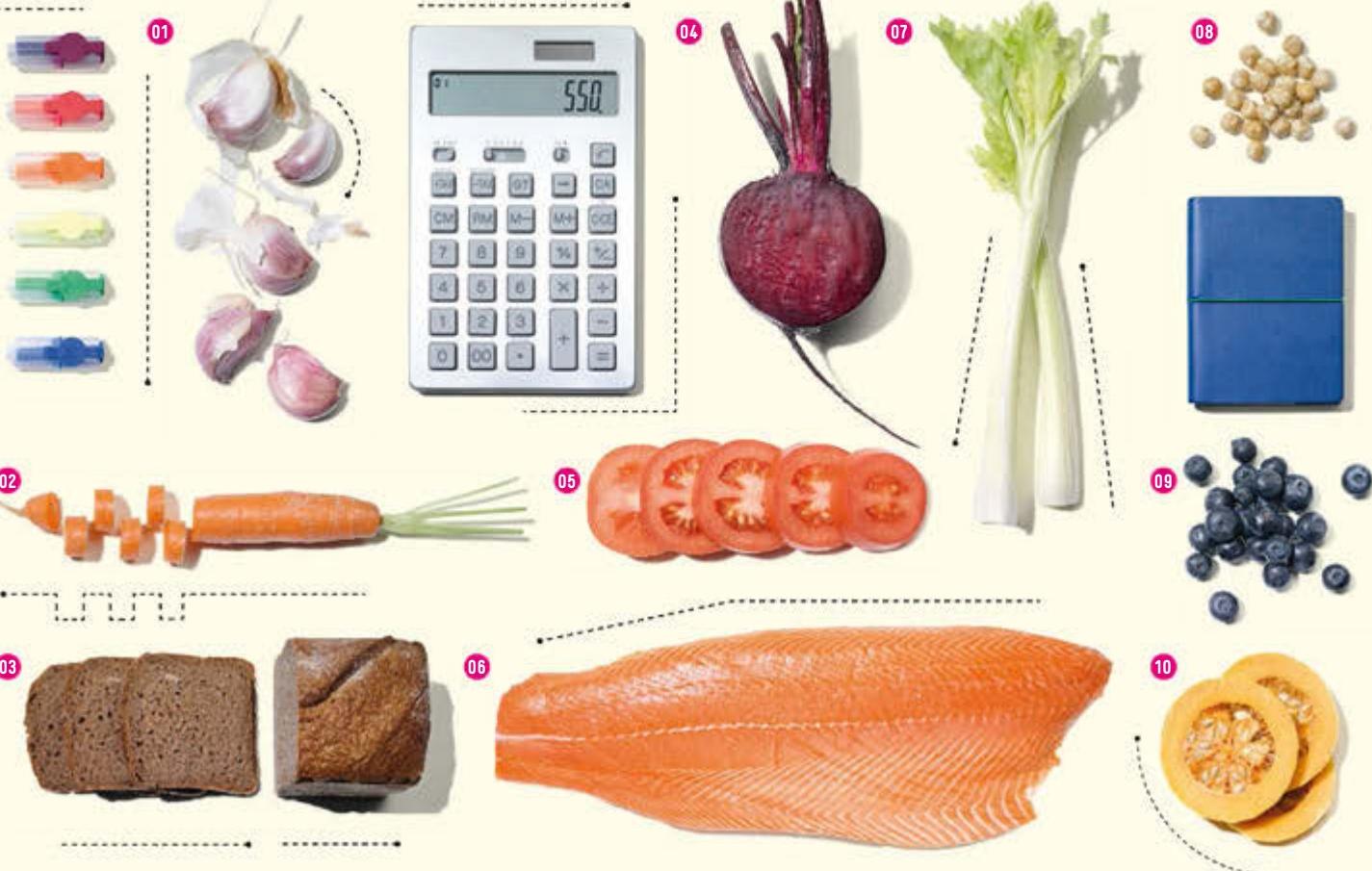
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ADD THESE TO YOUR
TIMETABLE FOR AN
A-GRADE INTELLECT

THE PERFECT 10 THE LAB



STAY TOP OF YOUR CLASS

PLUG THE 24/7 BRAIN DRAIN THAT IS MODERN LIFE AND KEEP YOUR MIND AT ITS PEAK USING THESE TEN STROKES OF GOURMET GENIUS

Most of us would like to be a little smarter. Scratch that, most of us would *like* the kind of Nobel prize-grade processing powers that would cut back on overtime and place us first in line for a promotion. Granted, a bowl of blueberries won't make you Stephen Hawking, but UCLA research confirms the right foods will sharpen your mental functions. And as man cannot subsist on berries alone, MH foraged for nine other brain-boosters and tasked our resident chef Florence Knight with turning them into delicious meals. Fire up the stove – and watch your neurons follow suit.

01/ Garlic

Its vit B6 helps you build thought-quenching neurotransmitters

02/ Carrot

Beta-carotene slows mental decline, so you won't ask, "What's up, doc?"

03/ Rye bread

Low-GI carbs deliver glucose for concentration, with no sugar slump

04/ Beetroot

This nitrate-rich root boosts blood flow to the brain and halts dementia

05/ Plum tomatoes

Your salad staple is high in lutein, which aids learning and memory

06/ Wild salmon

Ain't no sunshine? This is a top source of brain fog-clearing vit D

07/ Celery

Make yours a bloody mary: luteolin in celery disease-proofs brain cells

08/ Hazelnuts

They're full of flavonoids that curb inflammation in your grey matter

09/ Blueberries

Add extra cash to your memory bank with these antioxidant bullets

10/ Acorn squash

The root veg contains folate, which improves cognitive function

BEFORE EXERCISE.

DEEP HEAT IT.



Deep Heat Max Strength is a medicine. Read the label.

DEEP HEAT



AFTER INJURY.

DEEP FREEZE IT.



Deep Freeze Cold Spray is a medical device.

DEEP FREEZE



01

SMARTER STARTER
NUTTY SQUASH AND TOMATO SOUP

METHOD

01/ Bin that sorry-looking packaged soup taking up fridge space – this is superior both in its flavour and antioxidant count. De-seed the squash, pour a little oil over it and bake for 40 minutes at 180°C.

02/ Roast the nuts for a few minutes, then wrap in a tea towel. “Rub them together,” says Knight. “The skins will just slide off.” Crush the hazelnuts with a rolling pin.

03/ Fry the chopped onion in a pot with a pinch of salt. Add carrot and celery for five minutes, then garlic and turmeric.

04/ Take the squash out of the oven and scoop its flesh into the pot. Pour in the stock and tomatoes, then simmer. Once the veg are soft, tip the lot into a blender and blitz. Season, top with nuts, and slurp as you fly through your paperwork.

SERVES TWO

- A squash
- Olive oil, glug
- Hazelnuts, 2 handfuls
- A red onion
- A carrot
- A celery stick
- Garlic clove, crushed
- Turmeric, ½tsp
- Chicken stock, 500ml
- Whole plum tomatoes, 1 tin
- Salt and pepper



417 CALORIES

60 MINUTES

£1.52 COST*

PUT THEORY INTO PRACTICE FOR A BIG BANG OF BENEFITS

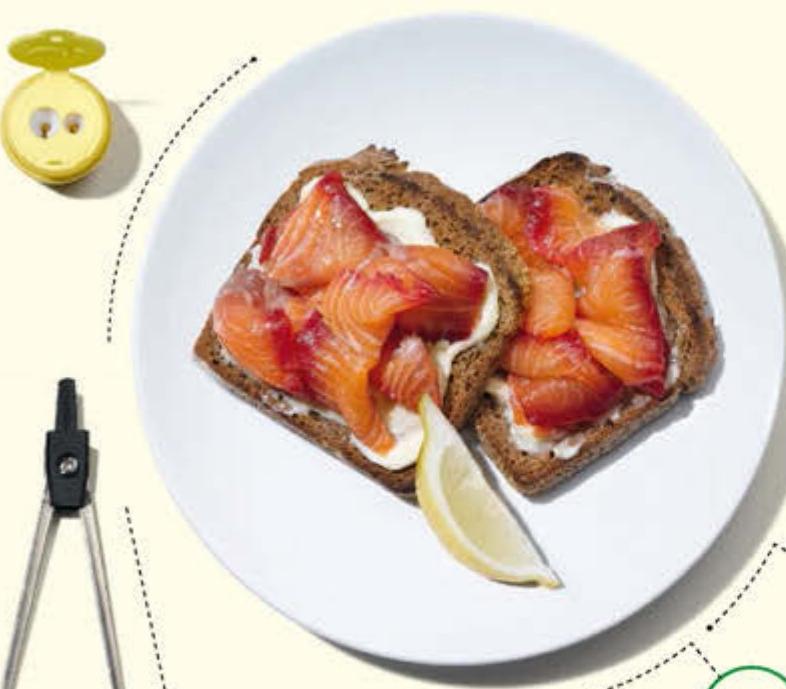


EXPERT PROFILE



NAME
FLORENCE
KNIGHT
JOB
CHEF & AUTHOR

Knight is the head chef at Polpetto and author of *One: A Cook and Her Cupboard*. For MH, she's transforming your kitchen staples into five-star fuel every month.



02

FISH FOR THOUGHT
SWEET CURED SALMON ON RYE TOAST

METHOD

01/ This head-healthy dish is quick to throw together, but you need to do some prep the day before. Peel your beets, then grate into a bowl. Add the berries, zest, salt and sugar; the unrefined stuff hosts a range of minerals that white sugar doesn't. Crush your blueberries and mix. Coat one side of the salmon, wrap it in cling film and refrigerate overnight.

02/ The hard bit's done. Today you just need to add the finishing touches. “Rinse off the marinade and pat the salmon dry,” says Knight. “Don't stick it back in the fridge – it's better at room temperature.”

03/ Thinly slice the salmon, then toast your bread. Rye is darker than wheat so is easier to burn. Butter the toast and top with salmon, plus a squeeze of lemon. If you want to feel extra smart, sprinkle some flaxseeds on for a further bump of brain-boosting omegas. Serve it up and hear the dinner conversation elevate. ☺

£3.25 COST

05 MINUTES

398 CALORIES



THE IRON YOU NEED TO STAY IN THE LEAD

Low iron levels can leave you tired and fatigued.

- Taking one sachet a day of Spatone® natural liquid iron has been scientifically proven to help top up your iron levels.¹
- Also comes in a delicious apple flavour with vitamin C.



Feel the difference

Iron contributes to the reduction of tiredness and fatigue.

THE AGONY AUNT & THE ECSTASY

FROM HIDDEN EROGENOUS ZONES TO TINDER PROTOCOL, OUR CARNAL EXPERT HAS ALL THE ANSWERS TO YOUR MOST WANTON QUANDARIES

Q HER PHONE SEES MORE ACTION IN THE BEDROOM THAN I DO. HOW CAN I GET IN ON HER SCREEN TIME?

Michael, 36, Liverpool

A Getting busy between the sheets is gradually becoming code for answering after-hours work emails. This might be great for our careers but it's a sad state of affairs for our personal lives. Ofcom statistics show 81% of us keep our smartphones to hand at all times, so join me in harnessing your wifi connection to disrupt your sleep for all the right reasons.

Jennifer McEwen, co-founder of the sex app store MiKandi, recommends apps that are designed to interact with sex toys. Try the We-Vibe couples vibrator or the OhMiBod massager, which pulse in time to music and can be operated by one partner via wifi or bluetooth to tantalise the other.

And if you're both feeling particularly adventurous, download Down. This app allows you to see which of your Facebook friends are interested in hooking up. You don't need to make it a ménage à trois, but you might just get a vicarious thrill from discussing sexual misdeeds and predilections with a third party.

Q I'M OVER TINDER HOOKUPS, AND ALL THIS RIGHT SWIPE IS ACTUALLY STARTING TO GET ME DOWN. IS THAT NORMAL?

Alistair, 28, Glasgow

A Hookups are like takeaway: either you're the kind of man who relishes his usual from a trusted pizza spot, or variety is your spice of life. According to NYU researchers, it depends on your "sociosexual orientation inventory" (SOI). Those with a high SOI derive a self-esteem boost from sex without commitment. Since you crave more than a fling, you probably have a low SOI; rather than inflating your ego, your expanding contacts list is wearing you down. Spare yourself (and thumbs) the stress of swiping and stick to one partner.

EXPERT PROFILE

NAME
NICHI
HODGSON

JOB MH SEX
CONSULTANT

Author, activist
and ex-dominatrix
Nichi is Britain's
best-informed
expert on anything
from rough sex to
the art of seduction

THE EARTH
DIDN'T MOVE, BUT
THE SAMSUNG



I want the wind in my hair and the warmth on my bottom



The Power to Surprise

You make us make better cars.
Like the Kia cee'd GT-Tech.

We hear you. You want it all. A sexy hot hatch with a 1.6 Turbo-GDI engine, heated front seats and with more gadgets than you can shake a USB stick at. You're so demanding, luckily so are we.

Fuel consumption figures in mpg (l/100km) for the Kia cee'd GT-Tech are: Urban 29.1(9.7), Extra Urban 46.3 (6.1), Combined 38.2(7.4). CO₂ emissions are 171g/km. MPG figures are official EU test figures for comparative purposes and may not reflect real driving results. Model shown: cee'd 'GT-Tech' 1.6 T-GDI 201bhp 6-speed manual.

Q I'M AU FAIT WITH THE PARIS AND ROME OF EROGENOUS ZONES. WHERE ARE HER LESSER-KNOWN HOT SPOTS?

Craig, 34, Newcastle

A Well, intrepid explorer...

The reality is both men and women share many of the same well-trodden destinations, according to Bangor University. Chiefly: the lips, nipples, buttocks,

inner thighs, ears, navel and – naturally – genitals.

That said San Francisco-based sex educator Midori has a couple of hidden-gem suggestions for those who want to get off the beaten track. "While we celebrate neck-kissing, we often forget to take it right round to the nape, at the base of the skull. Giving that region a gentle bite or finger nail scratch can send shivers down her back."

And below the belt? "Try just inside of the hip bone, those spots where your fingers press during doggie-style.

Applying pressure there will shoot zingy sensations across the pelvis and down to the clitoral legs (the body of the internal clitoris is made up of two legs, which erect toward the spine). Try slow, circular movements – ask her to tell you when you hit the mark." Go forth and be bold.

EVEN COWGIRLS GET THE BLUES. TRY A CHANGE



Q AFTER RECENT 'GYMNASTICS', MY GIRLFRIEND HAS HURT HER BACK. IS SEX NOW OFF THE TABLE?

Eric, 28, Manchester

A All is not lost. But, as with any sport, getting your form right is crucial. Professor Stuart McGill, a back specialist at the University of Waterloo, used Avatar-style green screen tech to measure how couples move during sex in five common positions.

According to his team, the key is to identify her type of back pain first. If she experiences increased discomfort when she sits for too long, she'll likely have spine-flexion triggered pain, so doggy style will help her back fare better. If her pain is triggered by bending backward then swap spooning for the missionary position. Which of you is on top makes a difference too.

Be a gentleman and minimise her work by taking the top position, as she lies on her back with a pillow supporting her lower back. If she's keen to take the lead, then she needs to keep her spine in a neutral position and create the action with her hips.

Oh, and a side note: if you really want to help her out without putting her out, I'd advise you go down on her. The orgasm is a natural analgesic, after all. ☺

Q TONIGHT'S THE BIG NIGHT WITH MY NEW BELLE. HOW DO I GET HER TO BELIEVE GOOD THINGS COME IN SMALL PACKAGES?

Daniel, 22, Sussex

A Big news: recent UCLA research suggests your worries might be unfounded. It's not length that women care about, but girth. Still anxious? Before you throw cash at a penis-pump ad, try a tight-squeeze missionary: hold her legs up at 90 degrees from her body and keep them together as you penetrate. If she wants to ride you, compensate with clitoral stimulation – and a few ego-boosting remarks about how she looks. After all, there's a strong positive-perception correlation between her feeling great and your size.





SEIZE THE MOMENT



THE SALE OF SEX TOYS IN THE UK IS ON THE RISE. BUT STILL SOME COUPLES ARE MISSING OUT ON THE BUZZ THAT CAN TAKE THEIR SEX TO THE NEXT LEVEL. ALLOW DUREX TO ADD THAT EXTRA SPARK TO YOUR RELATIONSHIP

Whether you and your partner have been together for 10 weeks or 10 years, making time to use your bedroom for more than just sleeping is essential. But – when work, family and social events take over – it's easy to slip into a routine. In most cases, busy couples would benefit from a helping handheld. And that's where Durex comes in. Putting the buzz back into your bedroom activities is simple with its selection of vibrators and massagers – not to mention tips on how, when and where it's best to use them.

However, a lot of men are too embarrassed to shop for the toys they need to add that extra spark. We don't blame you. Traipsing awkwardly around your local lingerie store, trying to look like you know what you're doing faced with a wall of vibrators isn't easy. But with Durex's new website, durex.co.uk, you can buy products from the comfort of your own home, which will then be (discreetly) delivered to your door.

Order yours today, then let the ideas opposite inspire you to put your purchases to good use. Believe us, it's an erotic investment you'll wish you'd made a long time ago.

14% The percentage of couples who own restraints and light bondage gear. That's 4% more than single girls. Direct your partner to durex.co.uk and see if there's anything that tickles her fancy

GAME CHANGER

Get more from your lovemaking with this selection of hints and ideas that'll turn up the heat between your sheets. You can thank us later

**01 **

FOLLOW HER LEAD

DIFFICULTY RATING: 1/10

Hand her the reins, do exactly as you're told and see where it leads. It'll be the most pleasurable power trip she's ever been on. And you'll learn a lot about each other in the process.

**02 **

SHOW YOUR GOOD SIDE

DIFFICULTY RATING: 2/10

You don't need blindfolds, whips and handcuffs (all the time) to enjoy yourselves. With the SENSUAL BLISS intimate massager, it's fun to play nice. This time the softly, softly approach is guaranteed to work for her.

**03 **

MAKE A SPLASH

DIFFICULTY RATING: 3/10

Taking a shower is much more fun with company. The new REAL PLEASURE vibrating stimulator is totally waterproof, so there's no place off-limits.

Well, bath time doesn't have to be clean...

**04 **

THE GREAT OUTDOORS

DIFFICULTY RATING: 8/10

A change of scenery is often all it takes to spice up your sex life. Wrap up warm and head outside to really heat things up. Just mind you don't get caught with your pants down.

**05 **

TRY A QUICKIE

DIFFICULTY RATING: 10/10

Don't let a moment of sexual tension pass you by. There's little more exciting than spontaneity. The REAL PLEASURE vibrating stimulator is whisper-quiet for ultimate discretion, making it perfect for those opportune moments.

**06 **

GO THE DISTANCE

DIFFICULTY RATING: 8/10

Fire up your foreplay with the SENSUAL BLISS intimate massager, and don't rush. A 30-minute warm-up and some excellent build-up play will help you feel like a winner at the final whistle.

**07 **

SET A DATE

DIFFICULTY RATING: 4/10

Alternatively, reign in your impulses and let anticipation build instead. Tell her when you plan on introducing a new toy – and what you want to do with it. The wait will be worth it.

**08 **

OUTSIDE YOUR COMFORT ZONE

DIFFICULTY RATING: 6/10

The bedroom? Yawn. Been there. Done that. Turn your home into an erotic checklist and spend a week trying to complete the full house. You'll never be able to look at your kitchen table in the same way again.

THRILL SEEKER

What are you waiting for? Don't miss out on the fun. Head to durex.co.uk and get its full range of new sex toys delivered discreetly to your door



54%
Just over half of UK couples own a sex toy. Not in the club? It's well worth subscribing to. The sale of vibrators in this country is on the up, so make sure you and your partner don't miss out on the fun

A
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PHILANTHROPIST, BUSINESSMAN, AUTHOR
AND ALL-ROUND NICE GUY – YOUR TYPICAL
MIXED MARTIAL ARTIST URIJAH FABER
AIN'T. CREATOR OF THE LAWS OF POWER,
THE **UFC VETERAN** LIVES ACCORDING TO
36 DEFINING PRINCIPLES, AND THINKS YOU
SHOULD TOO. MH SPENDS A WEEKEND
WITH THE FRIENDLY FACE OF BLOODSPORT

WORDS: ALEX HARRIS PHOTOGRAPHY: FINLAY MACKAY

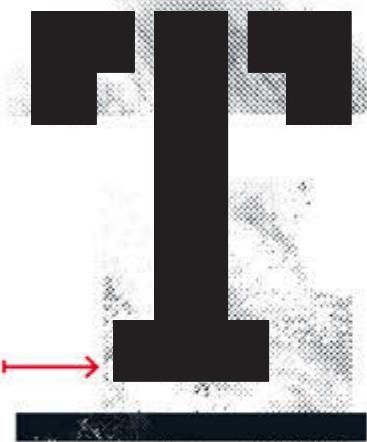




URIJAH FABER

01 HUNGER STRIKE

FABER'S STRICT DIET OF PROTEIN,
VEG AND FISTICUFFS HAS SEEN HIM
RISE TO THE TOP OF THE UFC



They say that everything is bigger in America. The cars, the food, the skies, the waistlines. But there's no getting around it: Urijah Faber, Californian hero and UFC's biggest star, is small.

Standing at 5ft 6in and wearing a broad grin, Faber is a walking, fast-talking, hard-hitting contradiction. Behind the wheel of his blacked-out Range Rover, swerving deftly through the LA traffic, he strikes an improbable figure. Few entrepreneurs with multiple business interests get where they are by cage-fighting their way to the top. Fewer still are self-help authors with a background in gruesome knee bars, or patrons of charities for disabled children, only with a knack for choking out opponents in the octagon. But to Faber, it's all in a day's work.

As accolades go, *The Nicest Man In Mixed Martial Arts* is an odd one. At 35 – ancient for an MMA fighter – he is still at the top of his game, more than 11 years after his debut. He has won more than 30 bouts, some with moves such as the morbidly named guillotine choke, others by technical KO resulting from 'doctor stoppage'. Yet no-one has a bad word to say about him. On the contrary, his fame transcends his sport and he is seemingly loved by all who cross his path.

All of which makes him an irresistible subject and the reason I find myself sat in the passenger seat of a Urijah Faber-themed rollercoaster ride. This hard man-cum-philanthropist schtick, it's a ruse, right? Some kind of elaborate, only-in-America media construct. Over the next 48 hours I intend to find out.

LAW #4

Life is about the journey, not the destination

It started with an email: could *Men's Health* spend some time living, eating and lodging with the fight world's biggest star? Within a fortnight I am on my way to Sacramento, North California, to meet Faber at his Ultimate Fitness gym. En route, I read the book he authored in 2012 called *The Laws Of The Ring*. Half memoir, half motivational manual, it outlines his 36 Laws Of Power, which ring out like a list of well-worn clichés penned by a sandal-wearing lifestyle guru. The closer I edge toward his life, the stranger it seems.

Ultimate Fitness is the headquarters for Team Alpha Male. Founded by Faber in 2004, it has produced some of UFC's most prodigious talent over the years. Not



02 STAND TALL

TURNING HIS LOW CENTRE OF GRAVITY TO HIS ADVANTAGE, FABER DOESN'T LET BEING ONE OF THE UFC'S SMALLEST FIGHTERS MAKE HIM ANY LESS FORMIDABLE

that you'd think so to look at the place. The atmosphere is relaxed, friendly and, well, humdrum in what is essentially a nondescript warehouse. Music plays inoffensively as nameless fighters warm up and idle about. Adorning the walls are the requisite fight posters and press clippings along with some frankly bizarre life-sized portraits of our hero. All in all, it's a little underwhelming.

Then someone bounds in and the mood shifts. "Hey! You're the guy from the UK, right?" He clasps my hand with a nervous energy, evidently as uncomfortable as I am. "I'm Urijah," he says. I know who he is. I've been studying him. It would be impossible not to recognise him: long, blonde hair (he's known as The California Kid after all), short but broad, sporting the kind of chin usually reserved for comic book heroes. A few more awkward exchanges follow before Faber gets down to what's made him a star.

Training begins and the tempo rises palpably. Exit the small, skittish man whose hand I just shook, enter stage left a wild animal, grappling and throwing down those in his path with a startling intensity. His energy is infectious and everyone ups their game. It strikes me that it's easy to pick out the true members of Team Alpha; you could spot them a mile off. There's a confidence about them, a level of brute force, power and skill that distinguishes them from the junior, wannabe fighters in the room. Very quickly this spit-and-sawdust operation starts looking like a training ground for lions, after all. And the dominant male is asserting himself with aplomb. Nice guy? The evidence is

**LISTEN
TO YOUR BODY
MUCH OF
FABER'S SUCCESS
COMES FROM
UNDERSTANDING
AND CARING
FOR HIS BIGGEST
WEAPON**





04 MIX IT UP

TWICE-DAILY MARTIAL ARTS TRAINING COMBINES ALL ASPECTS OF FABER'S RING WORK: STRENGTH, ENDURANCE, STRIKING AND WRESTLING TAKEDOWNS



03

FIGHTING FIT
THAT LITTLE NIGGLE CAN TURN INTO A CAREER-ENDING INJURY. FABER HEADS STRAIGHT TO HIS DOCTOR AFTER EVERY MORNING GYM SESSION

murky from my side of the ropes.

Then I'm disarmed myself, albeit in the form of an overture as opposed to a liver shot. This will become a common feature of my time with Faber. In a short break from fist-to-face action, he runs over panting, all wide eyes and smiles. "Bro, I'm heading to this thing in Hollywood tonight. Kind of a premiere and party. My buddy's the director and Sly Stallone will be there. Wanna come?" Um, yes. "Cool. Speak to Candy." And with that, he's back to grappling.

Slightly bewildered, I walk away and find Candy in the office adjoining the gym along with Tom, her husband. It is a small, messy room full of mitts, bags and other MMA paraphernalia, along with a carrycot

holding their newborn baby. It's perhaps not as strange an environment to bring your child as it might seem. Very quickly it becomes apparent that Candy and Tom play the parental role in the Urijah Faber story, too. ("They run my life," he will tell me countless times over the days to come.) I explain my brief conversation with their middle-aged charge and Candy promptly books the flights. She asks me to look after Faber's boarding pass, reasoning, "he'll only lose it somewhere." Together they give off the knowing laugh of a patient couple hoping their kid will grow out of all this someday.

05

DIY R&R

MEDITATION CAN BE FOUND IN SOME UNLIKELY PLACES. FABER PLUGS IN WITH HIS DAD TO SWITCH OFF

**LAW #24****It is who you know – and more**

Training over, Tinseltown beckons. But not before Faber attends to a few business concerns. First there's an unlikely lunch meeting with some big names from the dentistry industry (yes, really). Faber is wearing nothing but shorts post-workout, which he reasons is inappropriate attire for one of Sacramento's premier restaurants. A quick call to a buddy (he uses this word a lot) and some more respectable clothes are reserved.

Faber does not fly like the crow. On our way we stop off at a house he's building, then visit his father for a chat before running by his flat (utterly spartan apart

from a few juices and a huge poster of a bull). When we finally arrive I chat with his buddy as Faber gets dressed upstairs. The *mi casa su casa* vibe with his closest is tangible. There's a warmth among these men who bring home the bacon by hurting others in the ring. It's a set-up that clearly appeals to Faber, who carries nothing with him (not even a shirt) yet manages to move from gym to boardroom to bar seamlessly.

I'm developing a feel for the network he's built up. I push him on it. "I owe everything to these people," he says. "For me, it's about surrounding yourself with those you love and trust, be it family or friends. I cut out fakes. Y'know, people who attach themselves to you because of your success, because they want something." Many of Faber's business partners and

06

LIFE ON THE ROAD

TECHNIQUE IS HONED IN THE DOJO BUT FITNESS CAN BE DEVELOPED ANYWHERE. FABER HITS THE STREETS OF SACTO FOR A JOG

HARDCORE DOWNTIME

FABER'S SMART APPROACH TO RECOVERY ENSURES HIS WARRIOR LIFE IS NEVER A SLOG



07

DAMAGE LIMITATION
A HYPERBARIC CHAMBER PUMPS FABER WITH CONCENTRATED OXYGEN TO REPAIR AND BOOST BRAIN TISSUE



team are old friends (Tom, Candy's husband, was a pal in high school). He likes to build up the people around him and they are quick to help him in kind.

For instance, our lunch meeting features another buddy. This one isn't a fighter but a private dentist who recently sold his company for \$40 million, a portion of which is going into a new venture with multiple partners, one of whom is Faber. In less than one hour, we've gone from blood-stained gym mats to dining with people who deal in multiple noughts.

A major medical technology company is pitching to Faber and his partners; this is serious business. Energy is high and many words are exchanged, few of which make sense to someone without a background in orthodontics. I watch Faber. He is mostly silent apart from the slurping sound he makes drinking his herbal tea through a straw. I assume his place here is merely to front the project, a face to lure in the business. But suddenly he starts dominating the conversation, eloquently discussing the intricacies of tooth extraction and implants, and the role of dentist versus surgeon. He is a compelling force: intelligent, engaging, assertive yet charming. I'm blown away. The fact that this is one of the UFC's biggest earners

is beginning to make total sense.

LAW #11 **Your fate is not predetermined**

Back in the car Faber seems to be warming to me. He's quick to laugh, an easy-going if exhausting companion. Time in Faber's company is relentlessly high energy. "I like to keep busy, to keep going forward," he says by way of explanation. "My days are always like this. I don't really relax." I ask about his Laws of Power, which form the backbone of his book, and how these apply to this 100mph lifestyle. "They are my principles," he says in a rare moment of gravity. "I apply them everywhere: in the gym, during fights, in

business and in relationships."

It's easy to scoff. On the face of it, Faber's Laws can read like a new age therapist's Instagram feed – clichés like "Eyes forward" and "Learn from your mistakes". But there's nothing trite about how Faber employs these maxims. He *means* it. And from the evidence on show, it works. That's why he wants others to follow his lead. Faber sees himself as a mentor and discusses this self-appointed role at length. Again, it would be tempting to perceive this as some kind of hero complex were he not so earnest in his drive to make people, as he sees it, *better*. "Those guys at the gym," he says,

"I want them to be great fighters, but they need to be prepared for life, too. That kid you saw sparring, I got him a job in my dad's construction company. Most of the guys make a regular living. It's important to teach them patience and set them up for life after fighting. I'd love them all to go pro, but it doesn't always work out."

The image of self-starting philanthropist is difficult to reconcile with a man who made his name in the octagon. You don't need to be a UFC aficionado to appreciate that the sport is brutal beyond compare. MMA mitts are designed to protect the hands of the striker, not the face of the punched. Remorseless ground-and-pound victories can leave the biggest fight fan unsettled. Yet here is Faber, kombucha juice in hand, all positive energy and thoughts for others, telling me about his charity.

"It's for severely disabled children," he says, as I try desperately to banish my guilty thoughts of Derek Zoolander.

LAW #19

Keep it real: build your name by being you

We make it to LA. The pace of this lifestyle is starting to weigh heavy, but Faber is still bouncing with energy so I do what I can to match his bravado. Having checked in at his place on Hollywood Boulevard (Justin Timberlake is a neighbour) we head to the premiere of *Collection*, a thriller in which Faber has a bit-part role, something he hopes to do more of in future.

The photographers go wild upon Faber's arrival on the red carpet. Sylvester Stallone appears and the two embrace like old pals. The flashbulbs erupt. Up comes John Herzfeld, the writer-director, and as they link arms the frenzy is whipped up again. It's dazzling – everyone wants a piece of my new 'buddy'. The time I have spent with Faber thus far has focused on how normal and grounded he is, but I'm reminded that this is a man whose fame transcends his sport.

The film is poor but no one seems to dwell on this at the afterparty. I do my best to convince Faber to have a glass of wine. At first he demurs – he has a fight in 14 days at UFC 181 (which he'll go on to win), and doesn't really drink – but finally he acquiesces. We bustle around, chatting to co-star Kelsey Grammer and laughing with R'n'B virtuoso Nelly. High fives and man-hugs abound before it's time to hit the hay. We have to be up in an hour to fly home for training.

08

ALPHA MALE

FABER TRAINS ALONGSIDE BOTH UFC CHAMPS AND UP-AND-COMING HOPEFULS, ACTING AS A MENTOR TO EVERYONE IN HIS GYM



09

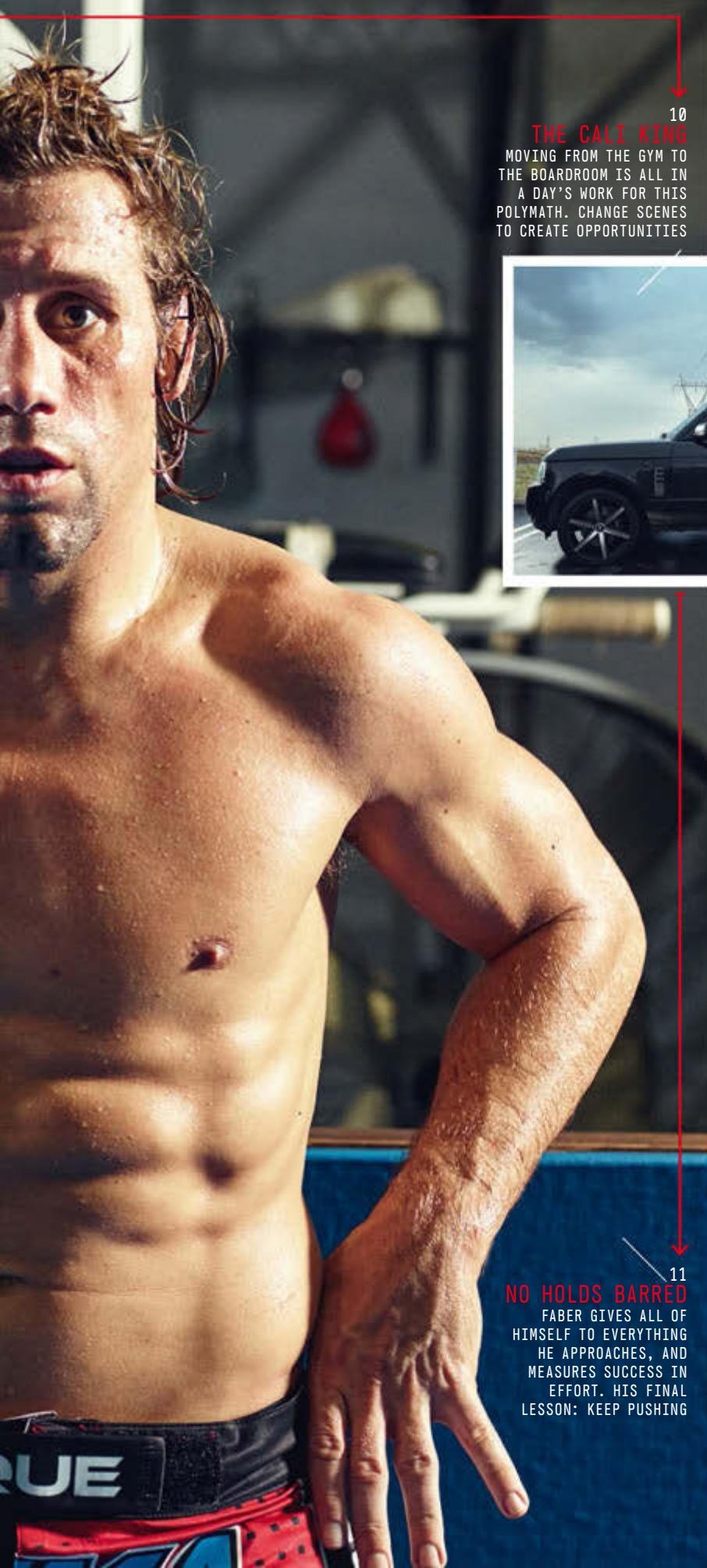
NO SPAR BREAKS

YOU DON'T REACH THE TOP OF YOUR GAME BY BAILING ON TRAINING – EVEN IF YOU HAVE BEEN PARTYING ALL NIGHT WITH SLY STALLONE

EYES FORWARD

THE FIGHTER ATTRIBUTES HIS SUCCESS IN ALL AREAS OF LIFE TO HIS 36 LAWS OF POWER





10

THE CALI KING

MOVING FROM THE GYM TO THE BOARDROOM IS ALL IN A DAY'S WORK FOR THIS POLYMATH. CHANGE SCENES TO CREATE OPPORTUNITIES



11

NO HOLDS BARRED

FABER GIVES ALL OF HIMSELF TO EVERYTHING HE APPROACHES, AND MEASURES SUCCESS IN EFFORT. HIS FINAL LESSON: KEEP PUSHING

Last night I could pressgang Faber into a Cabernet Sauvignon, but this morning he even refuses a coffee, despite minimal sleep. UFC has had its reputation sullied over the years with accusations of steroid abuse and drug-taking, but Faber lives life clean as a whistle. "My diet and approach to life come from my parents," he tells me on the plane. "They were sort of hippies, free-spirited types, and they were really into good, healthy eating. We never had stimulants, just clean food and drink. And I do the same now." So, no pills, potions or pricey nutritionist, just mum's traditions? "I never really get ill, I don't often feel tired. If I feel rundown, I eat more garlic and ginger. Food is about timing: know what to eat, when, and you'll be fine. People obsess over brown rice or whatever, but white is

fine – you can smash high-GI carbs if you train hard."

LAW #36

There's no excuse for a lame excuse

Faber trains hard most days, often twice. From the airport we head straight to the gym and while I sit on the sidelines, Faber is in full beast mode, battering his sparring partner into submission. Nothing will deter him from achieving his goals – he doesn't do excuses.

We dine with Tom and Candy, where Faber is ribbed for general scattiness. Typically, he opts to see it more philosophically. "I'm not really a planner," he says. "I like to live in the moment, to follow my heart and passions." To him, it's about seizing the day; to some it can look like a case of being lucky enough not to be burdened by responsibility. It seems like a bit of both. Over the last two days we've been late for everything; nothing has been planned; clothing has been found on the hoof. But it's been an utterly invigorating ride. Faber is a living example of what you can achieve when things don't tie you down. Need to train? Do it before work. Everything you get offered: take it. Any possible experience: do it. That's this man's approach. And it's all made viable by surrounding yourself with the right people and exercising loyalty like a muscle.

As Faber drops me at the airport, we promise to keep in touch, and I feel like I've been let into a support network. That's what he does: makes the big feel small and approachable; the days run quicker but feel fuller.

If there's one thing to take away from this, it's to do more. The day is longer than you think if you prioritise and keep an open mind. That's how one of the smallest fighters in UFC became one of the sport's biggest names. Faber's prevailing lesson is that if you open up to it, success will come. And that's big advice. ☀

The MH Guide To...

MEN'S HEALTH
THE FIGHT ISSUE

Losing like a man

...GET UP
WHEN YOU'RE
DOWN...

WIN ANY
UPHILL
BATTLE...

...MAKE
YOUR OWN
LUCK

WE CAN'T ALL BE WINNERS ALL OF THE TIME. BUT HOW DO YOU COPE WHEN YOUR LIFE'S WORK IS DEFINED BY DRUBBINGS? WHEN YOU'RE KNOWN, ABOVE ALL ELSE, FOR FAILURE? MEET THE WRITE-OFFS, RUNNERS-UP AND NE'ER-DO-WELLS WHO HAVE TAKEN KNOCKOUT BLOWS BUT KEPT BOUNCING BACK

WORDS: MATT BLAKE — PHOTOGRAPHY: JOBE LAWRENSON



01

The Human Punch Bag Who... Loses For A Living

Boxer Johnny Greaves lost 96 of 100 professional fights, proving Rocky right: it's not how hard you can hit, but how hard you can *get hit* and keep moving forward



UNTANGLE
ALL YOUR
SETBACKS

Boxing is not a sport, it's a business. No promoter will pay for your fights unless you can repay him. I knew I was a good boxer, but I knew I wouldn't win world titles. So I became a journeyman – the guy who fight anywhere in the country at an hour's notice. I was the guy who never got knocked out and always lost well. I may have lost 96 fights, but I lost each one with dignity. If anything, I was the best loser in the country.

Losing isn't always as easy as you might think. I'll never

forget holding this one lad up over my shoulder, whispering in his earhole, "Just fucking stay on your feet." But he'd blown his beans. I won on points and the string of fights I had lined up got cancelled, one by one. That's when I realised winning didn't pay. I had kids and needed to be fighting every week.

In the end, it wasn't losing itself that bothered me, but being the loser. I'd climb into the ring with screaming skinheads threatening my family and phlegm dripping off my back. I'd just think,

"What's the fucking point?" Then my kids' smiles made everything clear again.

My ambition was always to reach 100 professional fights. To achieve something in my life. That day came on 29 September 2013. I had my family there. No amount of money would make me lose that fight. I had to win. And I did. Apart from seeing my kids born, it was the best day of my life – the culmination of six years of being the loser.

I'm proud of my career. I may have been a paid loser but a born loser I am not.

PUNCH AT YOUR WEIGHT

You'll be boss one day – until then, roll with the punches

REDEFINE CLASS

"Greaves identified his role and did it to the best of his ability," says elite sports psychologist Rob Simmonds. "That is success."

BUILD YOUR CORNER

"A positive support network – family, friends and coaches – can help you identify the areas you want to improve," says Simmonds.

IGNORE CRITICS

Greaves struggled to ignore his detractors' taunts. "Focus on your performance – not what others may be thinking."

The Death Row Lawyer For Whom...

Winning Is Life Or Death

Of the 115 death row inmates professor David R Dow has represented, only 26 have been saved. When he loses, someone dies

As a death penalty lawyer in Texas, I've been banging my head against a wall for 22 years. In that time, my team and I have proved six people innocent and saved the lives of 20, persuading judges to move them off death row to life in jail. That's a failure rate of over 75%. It is hard. It makes me angry. That doesn't mean that I excuse murder. Most of my clients did something terrible. But I believe that capital punishment is wrong.

If losing a client who committed the murder is hard, losing one I believe to be innocent is soul-destroying. That's happened twice in my career. Then, there is no sense of value in what you're doing. It is an unjustifiable and overwhelming sense of failure.

There are a lot of people I feel angry at, especially judges, many of whom issue so many execution orders because they believe not doing so will harm their chances of re-election. I constantly feel like I am fighting an unwinnable battle against a corrupt, all-powerful system. I've cried for many clients and want to throw in the towel after every execution. It is a big psychological burden to lose as much as I do, when the stakes are life or death.

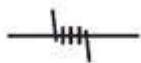
My team and I often spend years getting to know our clients. By the time we've finished our investigation, we know way more than you read in the newspaper about their crime; we get to know them as human beings. The hardest part of my job is telling a client that their final appeal has been rejected and they will be

dead in 30 minutes. The first person I told wasn't angry, he didn't cry... he just thanked me. And it took my breath away.

That's what gets me out of bed in the morning – the last thing 90% of my clients say to me before they are executed is "thank you". They are issuing that thank you in a context where they're about to be dead. And I just think about the magnanimity required to do that – it's a humbling moment. You realise you have done something really valuable and important for somebody else.

I believe the worst thing in the world is to face death alone. So I will continue to fight for the rights of murderers, because I know I have done at least one good thing by standing with them until the very end – whatever their crime may be.

David R Dow's memoir The Autobiography of an Execution (£9 Twelve) is out now



LIFE SENTENCES

Maintain your motivation during your toughest trials

CROSS EXAMINE

If your efforts start to feel futile, chartered psychologist Sarah Fenwick advises asking: What are the barriers in the way of success? How can you overcome them? If it's a no-win situation, walk away.

TAKE THE STAND

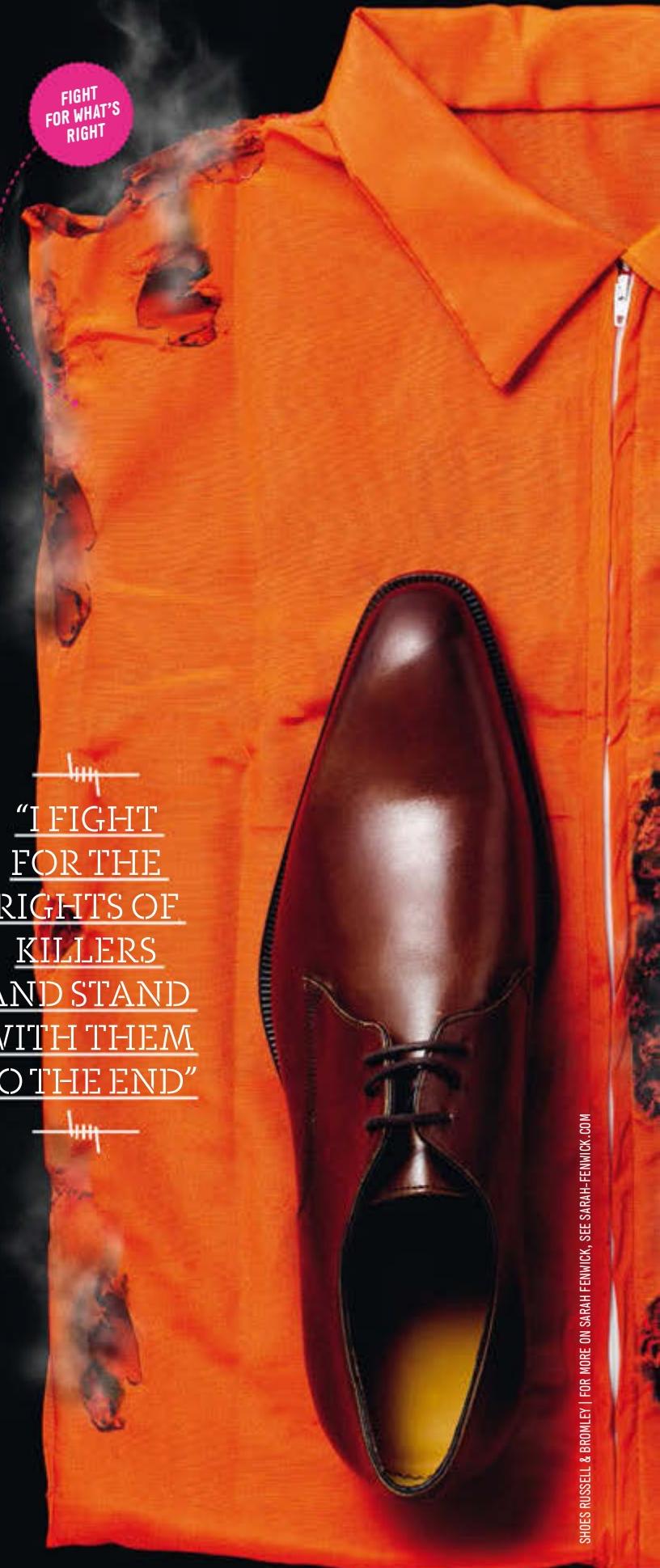
Dow cannot overcome a "corrupt and all-powerful system" and there's little you can do to change that idiot ref's mind. "Focus on the things that are within your control," says Simmonds.

THE WHOLE TRUTH

Break any bad news more easily. "Rehearse what you'll say, stick to the facts and use plain, simple language," says Fenwick. And a little empathy goes a long way.

FIGHT FOR WHAT'S RIGHT

"I FIGHT FOR THE RIGHTS OF KILLERS AND STAND WITH THEM TO THE END"



03

The Poker Star Who... Gambled His Life Away

In 2009 Sam Trickett blew £400,000, leaving him in utter despair – but he didn't fold

Not long after I took up poker I realised I was a natural. I instantly started winning tournaments, both at casinos and online. I thought I was invincible. I was winning so much money that, in 2009, I took £12,000 to Las Vegas. Within weeks I had turned it into £400,000. Suddenly, I had achieved everything I had hoped for in life in a few weeks. I bought a BMW, a £5000 watch and partied like crazy. My girlfriend and I decided to buy a house. I was naive and greedy.

My gambling soon got so out of control that I'd play poker variations I didn't understand. Suddenly, I began losing. Mostly online. Often drunk. But rather than rein in my gambling, I began to chase, desperately trying to make back what I'd lost with bigger and bigger bets. Soon, I was completely wiped out. I didn't tell my girlfriend I'd lost the money. She bore the brunt of my depression and we soon broke up. Within just weeks of having it all, everything had fallen apart.

I sold my BMW to pay off my debts and accepted a job teaching poker in South Africa. It was there I hit rock bottom. I remember walking to the beach one evening, lying in the sand and crying. How could I be so unlucky?

But as the sun went down I had an epiphany: it was my arrogance, not luck, that made me lose. Right then I decided to learn from my mistakes. I studied the game forensically. My boss was so impressed he sponsored me to play at the World Series in Las Vegas in June 2010. I arrived with no money and left with £500,000. I am now the UK's No 1 player.

I've learned more from defeat than I ever did from winning. Success is about discipline – it was my ego that brought me down.

Trickett is an ambassador for Everest Poker

PLAY YOUR CARDS RIGHT

Don't gamble – formulate a plan before you go all in

CHECK YOURSELF

Losing triggers your fight or flight response. "Realising this helps you take control," says Fenwick. Don't let adrenaline cloud your judgment.

WIPE OUT TELLS

A bad result exposes all your weaknesses. "Create a plan that details how you aim to improve that area," says Simmonds.

DON'T GET LUCKY

Only a sucker relies on chance to find his fortune. If you've put in the work, tell your boss exactly why you're worthy of a promotion.

DEAL
WITH EVERY
DEFEAT



LOSE LIKE A MAN

04

The Rock Star Who Went From...

Up-And-Coming To Down-And-Out

John Otway seemed destined for stardom, until his album tanked and he had to make epic underachievement his calling card

My first appearance on TV ended as my career appeared destined to go on: disastrously. It was 1977 and Wild Willy Barrett and I had just released the half-spoken love song, *Really Free*. We were performing on BBC2 flagship show *The Old Grey Whistle Test* and thought it would be a good idea to jump

onto a PA tower mid-lyric. I overbalanced and came crashing down on the sharp corner of a speaker, my fall cushioned by my testicles.

But 5.5 million people saw it and, within a day, our sales increased by 1000%. We were signed to Polydor on a five-album deal. Polydor thought they had uncovered a star of huge potential. I thought *Really Free* was just a rung... I never realised it was the

"I CAME
CRASHING
DOWN,
MY FALL
CUSHIONED
BY MY
TESTICLES"

ALWAYS PLAY
TO YOUR
STRENGTHS

whole ladder. My next record did not do well. The follow-up singles fared no better: one flop became a succession of flops. Perhaps I was overambitious, but I always believed it was my destiny to be a star. In hindsight, the records I was putting out were disastrously misjudged. I tried increasingly more outlandish things to get attention, including once downing a bottle of ink on stage. That did nothing more than turn my piss blue for three days. Polydor soon got fed up and dropped me.

For the next decade, I lived in obscurity, making money by gigging 150 nights a year to a small but loyal following. I tried to stay upbeat but by 1987 I had hit rock bottom. My wife of six years left me and my music career had flatlined.

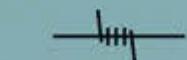
Around that time, I did a gig and just three people showed up. It was too depressing. I remember waking up one morning and thinking, "What do I do? Do I top myself?" But I was determined – I still believed I could be a star. So

I put suicide off and chose to write an autobiography about all my cock-ups instead.

It was my last roll of the dice. We subtitled it 'Rock and Roll's Greatest Failure' and it was a runaway success. I think people found my self-effacing evaluation of my own life refreshing. It quickly outsold all my albums and people began to notice me again.

Then in 2002, I released another song called *Bunsen Burner*, which went to number nine. It took me 25 years, but at last I had a second hit. I suppose it's ironic that a book about my failures turned my life around. If I hadn't been so bloody-mindedly fanatical about being a musician, I would never have been such a failure. But if I hadn't been a failure, I'd have never found success.

A film about John Otway's life, Rock and Roll's Greatest Failure: Otway The Movie, is available on iTunes



CHANGE YOUR PITCH

Retune your most important instrument – your attitude

DON'T GET COCKY, KID

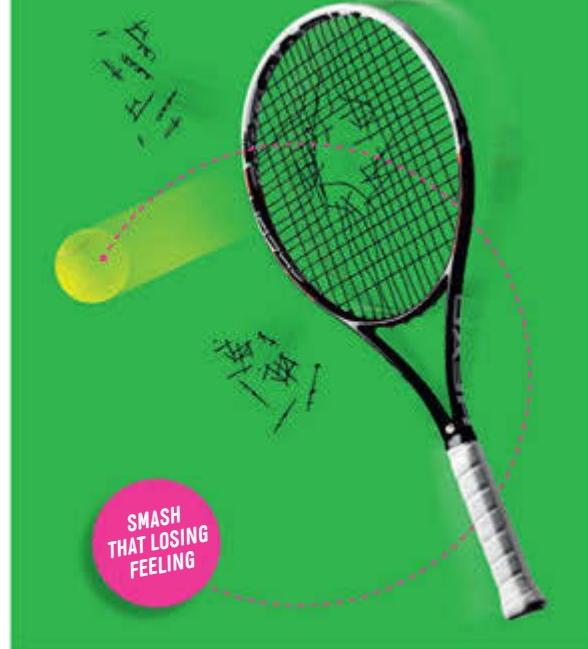
As any successful entrepreneur will attest, risk-taking is no bad thing. But mixed with high self-confidence it can be a hazardous trait, says Fenwick. Don't let payoffs go to your head.

LIGHTEN UP

Take setbacks too seriously and you'll become a laughing stock. The solution is very British. "Self-deprecating humour can be an effective emotion-focused coping strategy," says Fenwick.

STOP CHASING FAME

"Otway focused on stardom and put out misjudged records. To be a true success, you first have to produce something you are proud of," says Simmonds.



05

The Wimbledon Competitor Who...

Played The Long Game... And Lost

After an historic 11 hours, Nicolas Mahut finally fell to John Isner 68 to 70

After the final point, I hugged John over the net and sat down with my towel over my head. I said to myself, "Don't cry. Stay dignified. Try to accept the defeat and be sporting."

In the locker room, my coach hugged me and said, "You are a champion." And then it all flooded out. It was a sort of decompression as the adrenaline and tension came out. I was like that for two hours, crying and rambling incoherently. I felt a sense of dislocation – the press were telling me that I had done something incredible, when I knew I had been the loser.

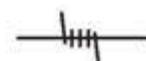
Three weeks later I injured my back. From then until the end of the season, I dwelt on my loss. I had a few difficult months and asked myself if it was worth continuing to play.

That summer, John and I won an award for Best Record-Breaking Performance, beating Usain Bolt and Roger Federer. Slowly, I started to realise I'd done something that really resonated with people. Something special.

The French federation set me up with a new coach and

we worked to redefine my objectives. I realised my career was not over. I could go on to do great things.

The next time I stepped out on court I felt people looked at me differently. People had come to know me for losing, but I was determined to prove I was still a winner. In 2013, I won two ATP tournaments. The journey to winning began in those three days in 2010. ●



ADVANTAGE, YOU

You'll only ace your goals if you set them correctly

LOWER THE BAR

"Having unrealistic expectations can seriously undermine your self-belief," says Fenwick. Push yourself, but don't aim too high.

BOUNCE BACK

Appraise your performance, not the outcome. "That way you'll avoid facing emotional ups and downs," says Simmonds.

STEP FORWARD

"Focus on the bigger picture," says Fenwick. Look ahead to your next achievement, not back toward your failure.

CEASEFIRE OF THE



In every confrontation you have a choice: to open peace talks and look for a diplomatic solution, or engage in hostilities. MH plays peacemaker in the most common areas of conflict between you and your closest ally to keep all calm on the home front

Words Tom Banham  **Photography** James Goldsmith

001

You've come home wasted

Her Where the hell have you been?
You I had a few drinks after work.
Her You could have at least told me.

Don't say It's not like you don't go out. It's hard enough tackling one problem without adding others. "Don't argue about the past," says Relate sex therapist Peter Saddington. Focus on the immediate problem and leave anything else until you're both calm. Simmering resentments plus six pints is not a recipe for reconciliation.

Do say I'm sorry I worried you. "You don't have to apologise for what you've done," says former hostage negotiator and founder of The Art of Connection Richard Mullender. "But you can apologise for the upset you've caused." Saying you'll text next time moves the argument into the future and stops her dwelling on the past.

TUNE INTO HER
WAVELENGTH TO
MUTE CONFLICT



002

You're not pulling your weight around the house

Her So the dishwasher's auto-empty function seems to have broken. Again.

You But you do it so much quicker than me – I didn't want to get in your way.

Her How considerate. Best just let me handle all cleaning duties from now on then...

Don't say Can't you do it while I'm at work?

Come now, Don Draper. It's not 1950 and you should be sharing the domestic duties. "Make sure you understand, and show you understand, the opposing views," says Shaun Slack, a conciliator at workplace dispute experts Acas. She's angry you don't see her contribution as being as valuable as yours. Offering to shoulder some of the burden lets her know that you appreciate the importance of her role in your partnership.

Do say What would you like me to look after?

Doing the dishes once and never again won't lighten her workload or her mood. But offering to take charge of something – from emptying the bins to feeding the kids – shows you want to help out long-term. And there's a bonus – couples who split housework have more, better sex than those in lopsided relationships, says research from Georgia State University. Clean up now, get dirty later.

WHEN SHE'S DISHING UP CRITICISM, GET OUT OF HOT WATER



MAKE IT CLEAR THAT PORN COMPLEMENTS, NOT REPLACES, YOUR SEX LIFE

DON'T SHUT HER DOWN.
BE HONEST ABOUT YOUR
ONLINE HABITS TO GIVE
YOUR SEX LIFE A REBOOT



003 She accuses you of flirting with other women

Her I saw the way you were flirting with Angelina in the pub.

You It was no different to how I talk to anyone else.

Her It's not how you talk to me.

Don't say Well what about the way you act around Brad?
Don't retaliate by dredging up times she's flirted with other men. This is about her insecurities, not your actions. "She isn't sufficiently sure of her own attractiveness," says Durex sex and relationships expert Susan Quilliam. "She needs to realise this and be confident in the security of your relationship." Meeting her allegations with your own broadside will only serve to make her think you have something to hide.

Do say I didn't realise that's how it came across.
Whether or not you were actually flirting with her friend/sister/mother, don't feel accused – lower your defences. "This argument can simply be a sign your partner cares," says Quilliam. Ask which women she feels threatened by and tell her you won't speak to them without involving her in the conversation. "Taking her feelings into account should put her at ease." Over time, that will inspire trust.

004 She's unwittingly opened your search history

Her I stumbled across some strange things on your computer.

You You mean those jewellery websites?

Her Only if Goldsmiths have opened a branch in a dungeon.

Don't say I opened the wrong link. It won't happen again.
Won't it? "Offering promises you can't keep makes the situation 10 times worse," says Mullender. Staying on top of Incognito Mode should not be the takeaway lesson here. If she stumbles across more of the same in a couple of months' time, you'll only end up having the original argument all over again, this time with the fact you lied to her thrown on top. You'd do better to get hard discussions out of the way now.

Do say Is it a problem for you that I watch porn sometimes? If she's worried Pornhub's replacing her, assure her it isn't. Stand your ground, but don't go on the offensive. "You need to acknowledge she's upset and ask what concerns her," says cognitive behavioural therapist Anna Hamer. But let her know that you're not going to stop. "Explain when and why you use pornography." If it's when she's asleep say it's because you don't want to disturb her. Make it clear porn complements your sex life, and isn't in place of it.



FIND A WAY TO CALL
HER OUT – WITHOUT
PUSHING HER BUTTONS

005

You came across a few suspect texts on her phone

You So, who's Ryan G?

Her He's a colleague. Why?

You Because you've been texting him an awful lot.

Her How dare you go through my messages?

Don't say That's beside the point. The real issue here is you texting other men.

Opening fire before you have confirmed intelligence is a risky manoeuvre. "Jealousy isn't based on real evidence, but rather insecurity," says Quilliam. Your partner could just have different ideas about what's OK. Ask to read through the texts together so you can explain what you find problematic and tell her you want to work on regaining trust in each other. "Frame it as wanting to strengthen your relationship." Wild screaming accusations will only end in all-out war.

Do say OK, that was out of line, but I'm worried.

You're both at fault here – her for the texts; you for looking through her phone. So start by apologising and promise not to do it again. "Explain that you're worried you'll lose her," says Quilliam. You should recognise that you snooped because of your insecurities – so outline them to her. If she understands where your concerns come from, she won't want to do things that are liable to concern you.

KEEP NEGOTIATIONS IN
BALANCE TO STEP BACK
FROM THE BRINK



006

You're spending too much time at work

Her Home late again, then.

You Things are manic at the office at the moment.

Her You must see your boss more than you see me.

Don't say At least I don't get hassled at the office.

Acting defensive, implying overtime is a way of avoiding her, will rouse her suspicions or make her feel victimised. Instead, find a compromise. "You need to think about her needs, then how yours can be satisfied by meeting them," says Mullender. She wants intimacy, you need to finish this project. Swap lates for earlies twice a week and save those evenings for date nights.

Do say It's important right now, but it's not forever.

With both boss and better half making demands on your time, you need to negotiate a power share. Neither will accept your excuses if you promise more time at home but can't deliver. "Explain why you're putting in lates," says Saddington. Offer to book a couple's trip as a reward once it's done. If she sees your dedication benefits you both, she's more likely to accept it. ☀



EAT CLEAN PREP DIRTY

MEN'S HEALTH
THE FIGHT ISSUE

It's a truism that a great physique starts in the kitchen, but keep taking culinary shortcuts and your progress will falter. To see the biggest changes to your body, you need to get physical with your food. So roll up, get hands on – and work out

WORDS: EMILY BADIOZZAMAN | PHOTOGRAPHY: DAN MATTHEWS

We live in an age of convenience and it's holding us back. Despite a fondness for *MasterChef* and *Bake Off*, we spend half as much time in the kitchen now as 30 years ago. There are two reasons why this is bad. One: it likely means more plastic-packed junk on your plate. Two: you are missing out on a choice workout, bro.

There are advantages to getting your hands dirty in the kitchen. The University of Birmingham found taking time to prepare your meals from scratch cuts your calorie intake by 50%, simply because you're more aware of what you're putting in your mouth. And the harder you work for your dinner, the beefier its benefits. Expand your repertoire with blow-by-blow instructions from some of Britain's finest chefs. Your body – not to mention tastebuds – will savour it.

01\ MINCE YOUR WAY TO LEAN MASS

If you want to look cut, pick up a cleaver. This DIY mince beats the store-bought stuff for flavour and benefit

GINGER PIG BURGERS

By Tim Wilson, founder of The Ginger Pig. All meat supplied by thegingerpig.co.uk

Fillet steak, 500g

Rump steak, 500g

Bone marrow, 1tbsp

Mixed-grain buns, 4

Streaky bacon, 4 rashers

Red onion and tomato

A burger made from cheap off-cuts and gristle can be as offensive to the palate as it is oppositional to your gym goals. Generally, this includes anything you'll find in a supermarket freezer, so for a superior patty, you need to make it yourself.

Mincing your own means more texture and flavour, plus leucine, which triggers the mTOR pathways that control the use of energy to increase muscle growth in your arms.

On a wooden board, halve the steaks a few times with a cleaver, then vigorously chop, working your forearms in the kitchen equivalent of a high rep, low resistance workout. When the meat is minced, mix in the marrow by hand. Make four patties and whack them on a smoking pan for two minutes each side. No need for oil: the meat releases its own fat. Slide onto buns and top with bacon and salad.

"High-GI bread releases insulin, which enhances muscle repair and, in turn, definition," says Harley Street nutritionist Drew Price. Your arms will soon look as lean and beefy as your dinner.

SERVES 4*

680

Calories

87g

Protein

25g

Fat

27g

Carbs

DON'T BUTCHER YOUR DIET WITH FAST FOOD.
PREP A GET-BIG MAC



AMIGO ACID

These have twice the leucine (ie twice the muscle gain) of a shop-bought burger



R DEER A

The creatine in one serving
of venison makes up a third
of your 3g RDA

02\ HAMMER HOME BIG GAINS

Pound for pound, nothing beats venison for a hit of bulk-building protein. Dig out your mallet: it's hammer time

SERVES 4

331

Calories

33g

Protein

10g

Fat

19g

Carbs

VENISON PAILLARD

By Mike Denman, executive chef at Plum + Spilt Milk

Venison, 4 x 140g steaks,
haunch or loin

A butternut squash, peeled
and cubed

A red chilli, diced

Coriander, 2tbsp, chopped

Pumpkin seeds, 2tbsp, toasted

Sherry vinegar, 2tbsp

Rapeseed oil, 1tbsp

Not only will pummelling a slab of deer meat with a mallet make you feel like Chris Hemsworth, but it'll give you Thor-esque upper arms too. "Leaner than beef and boasting more protein, venison also packs unrivalled levels of creatine, to switch on muscle growth," says Price. So a pounding of flesh will help your biceps and shoulders grow to heroic proportions.

Place each steak inside a Ziploc bag and smack them down to 1cm thick. Once you're done taking out the day's stress on your haunch, roast the squash at 200°C until soft, then set aside to cool. Throw the other ingredients into the roasting tin along with the squash and shuffle to coat the lot in oil. Season your hammered meat and stick it in a hot pan, flash-frying the venison to keep it pink. Serve with the butternut squash and salad leaves – a feast fit for a Norse god.

GOT GAME? MAKE
MINE A BAMBI SHANK
FOR A HEFTY IMPACT

STICK THESE IN THE OVEN IF YOU'RE BURNED OUT AFTER TRAINING



SPELT OUT

12min of kneading provides the same calorific burn as a 12min jog (115kcal)



MAKES 16

120

Calories

4g

Protein

1g

Fat

22g

Carbs



03\

ROLL OUT FOR FUEL

Knock up a batch of much-kneaded post-cardio carbs

SPELT ROLLS

By Roy Levy, head baker at Gail's Artisan Bakery

Wholegrain spelt flour, 450g

Fresh yeast, 10g

Honey, 30g

Fine sea salt, 1½tsp

Tray of ice cubes

One thing they don't show you on the Hovis ads is that baking is sweaty work. Put your back into it, and kneading dough can burn almost as many calories as a one-mile run. After that effort, you'll need a low-GI energy source to restock supplies, but keep your blood sugar stable: its name is spelt. "This grain is lower in glucose than wheat, so helps performance in the long run," says Price. Energy efficiency made tasty.

Pile up the flour on your countertop, create a crater in the centre and fill it with the yeast, honey and 300ml of

cold water. Sprinkle the salt around the dent and stir in a circular motion around the middle to mix, bringing in flour from the sides to form dough. When it all comes together, vigorously knead for 12 minutes. Use the ball of your hand to squash the dough – stretch it away from you, then bring it back into a ball, flip it 90-degrees and repeat. A few minutes of this should take your heart rate well into the calorie-burning zone. Fortunately, two rolls will provide a quarter of your RDA of fatigue-fighting iron, so your energy levels should start picking up again as soon as you've tucked in.

Leave the dough to rest under a damp tea towel for two hours, then roll it into 16 balls. Place them on a floured baking sheet and cover with an inflated bin bag for another two hours, until they double in size. Finally, dust with a bit more flour and snip halfway through the middle of each roll with sharp scissors. Bake at 200°C for 15 minutes, and place the ice cubes in a tray at the bottom of the oven – it sounds odd, but the rising steam will help the buns to form a perfect crust. You have now truly worked for your bread and butter.



THE BARE BONES

Saw at a 45° angle over the counter edge, using a wet towel to help grip

GET STUCK IN TO AN ARMS WORKOUT THAT WON'T LEAVE YOU SAW



SERVES 4

620
Calories

51g
Protein

42g
Fat

4g
Carbs

04 | BONE UP ON POWER

Raid your tool box to create a starter that packs a ligament-nourishing punch and builds your grip strength in the process

ROAST BONE MARROW

By Fergus Henderson, founder of St John Bar and Restaurant

Veal shinbones, 4

Flat leaf parsley, bunch

Shallots, 2, very thinly sliced

Capers, handful

Lemon, 1, squeezed

Olive oil, splash

Wholemeal bread

Make no bones about it, there's hard evidence for the benefits of marrow – it's nutritional gold. The prep, while quite strenuous, is worth it. "The soft fat has compounds essential to the production of collagen, for tendon and ligament health," says Price.

Take a (clean) hacksaw to the ends of the bone to create a tube, and saw off 2in chunks. Put the bone chunks in an ovenproof frying pan and cook at 200°C, hole-side down, for 20 minutes. The

centres should be loose, but not dissolving.

For your side salad, chop some parsley and toss with shallots and capers before dressing with a squeeze of lemon and olive oil. Toast some bread, top with the glutinous goodness and add a sprinkle of sea salt.

It's harder on your grip strength than a load of muscle-ups but you're on the straight and marrow to physical triumph.

05\ GRIND DOWN BODY FAT

Turn curry night into a six-pack session with the help of Messrs Pestle and Mortar

TIGER PRAWN CURRY

By Barry Vera, chef director at STK London

Cumin seeds, coriander seeds, black peppercorns, garam masala, black mustard seeds, turmeric, ginger, 1tbsp each

Ground cinnamon, sea salt, 1tsp each

Cardamom pods, 3

Curry leaves, 20

Red chillies, 3, deseeded, sliced

Garlic cloves, 5

White wine vinegar, 120ml

Coconut oil, 150ml

Onions, 2, chopped

Curry paste, 2tbsp

Fish stock, 300ml

Coconut milk, 2 tins

Tiger prawns, 24, shelled

If your post-pub curry feels like a guilty pleasure, pounding your own paste will spare you the next-day gym penance. The spice list may be longer than your CV, but the mix is a winning combination of metabolism-regulatory antioxidants.

"Plus the fats in coconut ramp up fat-burning by almost 20%," says Price.

Dry-roast the spices, then tip into a pestle and mortar with the chilli and garlic. Grind for 10 minutes, keeping your feet still so the twisting motion engages your abs. Slowly add the vinegar and half the oil and grind again.

Fry the onions in the rest of the oil and add your paste, fish stock and coconut milk; simmer until thick. Throw in the prawns and cook on a low heat for three minutes. Don't let it boil or the prawns will harden. The only thing that should be firm is your core.

SERVES 3

784
Calories

35g
Protein

63g
Fat

22g
Carbs

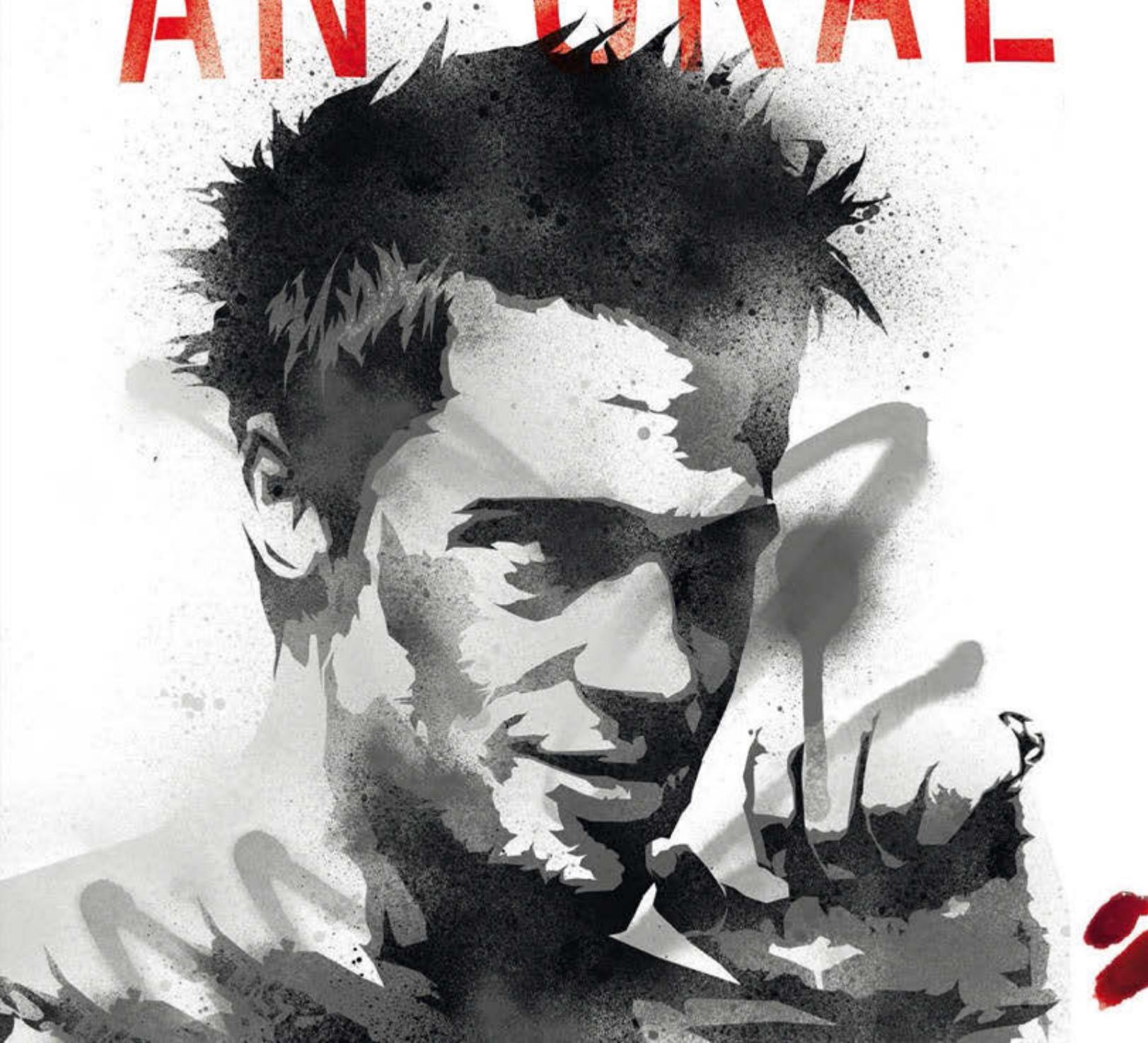
THE TAKEAWAY MESSAGE:
CUT YOUR GYM TIME AND
BURN FAT AT THE STOVE



TORSO RECALL

Grinding will activate your deltoids, biceps, obliques and abdominals

FIGHT IT
ANORAL.



FIGHT CLUB HISTORY

MEN'S HEALTH
THE FIGHT ISSUE

Having clawed its way into existence, *Fight Club* set the bar for masculinity and male body image in the 21st century. Now, over 15 years since it hit the big screen, the writers, actors and stuntmen who made this generation-defining movie break its first two rules

WORDS: JOHN NAUGHTON | ILLUSTRATIONS: DRAGON76





N OCTOBER 1999, DAVID FINCHER'S FIGHT CLUB OPENED TO SOME OF THE WORST REVIEWS A MAJOR STUDIO FILM HAS EVER RECEIVED. IN THE EVENING STANDARD, CRITIC ALEXANDER WALKER DESCRIBED IT AS AN "ASSAULT ON PERSONAL DECENCY" AND "GROTESQUELY EXPLICIT".

It fared little better in the US, where its opening was pushed back to distance the film from April's Columbine massacre. *Entertainment Weekly's* Lisa Schwarzbaum fulminated that the adaptation of Chuck Palahniuk's novel was a "dumb and brutal shock show of a movie", while David Denby writing in *The New Yorker* called it "a fascist rhapsody". Although it grossed \$63 million internationally, its domestic US release garnered a disappointing \$37 million. Given Hollywood's maxim that a movie must gross three times its budget, it's clear the \$63 million-budgeted *Fight Club* came up pretty short.

Fifteen years later, Fincher's Gen X satire on consumerism and exploration of male angst sits at No10 in IMDb's list of the greatest films of all time, a position mirrored in numerous international polls, while anti-hero Tyler Durden, as portrayed by Brad Pitt at his most ripped, was declared by *Empire* magazine in 2008 to be the greatest movie character of all time. A film that should have been buried by its critical reception and commercial failure has enjoyed a vibrant afterlife, while its most famous line has entered the international lexicon to the point where everyone knows the first rule of Thesaurus Club is you do not talk about, mention, speak of, discuss or chat about Thesaurus Club.

More significantly, *Fight Club* has had a profound influence on male identity, not just in terms of the hugely influential body images presented in the film, but also in kickstarting an ongoing debate about masculinity in the 21st century. Yes, Palahniuk's novel poured scorn on consumerism, but it also asked the question: how do men define themselves in an increasingly feminised world? Without a war, without a struggle to put bread on the table, how do the "middle children of history" find their role?



"If you look bad enough, people won't want to know what you do in your spare time"

CHUCK PALAHNIUK

What is the alternative to "working jobs we hate to buy shit we don't need"?

This is the story of how an altercation on a weekend away led to a novel nobody wanted to publish and then a film that was never going to be made. It's a story of six-packs, of keeping Courtney Love at a distance and, ultimately, of murder. Gentlemen, welcome to *Fight Club*.

ACT 1: THE BEGINNING

Chuck Palahniuk was inspired to write his novel following a weekend camping trip that saw him become involved in a fight after he asked some fellow campers to turn down their music. Returning to work on Monday morning, none of his co-workers commented on his cut and bruised face. "I realised that if you looked bad enough, people wouldn't want to know what you did in your spare time," he observes. "They don't want to know the bad things about you." And so Fight Club was born. Keeping up his day job as a diesel fitter in Portland, Oregon, Palahniuk wrote in every free moment but also found himself becoming involved in an increasing number of fights. Publishers WW Norton eventually accepted his manuscript, offering him a meagre advance of \$7000.

Chuck Palahniuk (author) It's what publishers call "kiss-off" money. They don't want to alienate the editor who wants to acquire the book, but they want to offend the writer enough that the writer will walk away from the deal.

Jim Uhls (screenwriter) Soon the manuscript was going round Hollywood. I got a call from a film exec friend called Elizabeth Robinson. She said, "It's never going to be made, but you'll like it." I read it, fell in love with it, and I too thought it would never be made into a movie. Then I heard that it had gone to [producers] Ross Grayson Bell and Josh Donen.

David Fincher (director) Josh Donen sent me the book. I read it all in one night and flipped out. I just said to myself, "I've got to be involved with this."



"AFTER WE'VE LOST EVERYTHING WE'RE FREE TO DO ANYTHING"



MEAT LOAF PLAYED SELF-HELPING MAN-BOOBED ANARCHIST BOB



COURTNEY LOVE LOST OUT TO BONHAM CARTER TO PLAY MARLA

BLOOD LUST: CRITICS
LASHED OUT ON ITS
RELEASE BUT IT WAS
NEVER KNOCKED OUT



THE REAL RULES OF FIGHT CLUB

A real man doesn't pick fights – but if you find yourself in the middle of one, be sure to come out on top with professional martial artist Jeff Imada

01 SIZE HIM UP

Most real fights end up in grappling range, where brute force matters. If you're squaring up against a big guy, keep that in mind – size does make a difference.

02 LOCK EYES

Keep your chin tilted down and don't break eye contact with your opponent. His eye movements will often indicate his intentions before his body reacts.

03 AIM LOW

Punching a man's head is like hitting a rock. Movies can make it look almost comfortable, but that's far from the truth. It hurts. You're better off with body shots.

04 PULL PUNCHES

Don't rely on your fists; fight with your head, elbows and knees. Using the hard areas of your body against the soft-tissue areas of his is the smartest strategy.

05 HAPPY SLAP

If you're not used to fighting or don't know how to make a proper fist, hit with an open palm. You don't need to have proper form to slap, but you do when punching.

Palahniuk My editor had told me not to get excited about the film being made. Of the books that get published, only 2% are optioned, and of that number only another 2% make it to be finished films.

Uhls I knew David through mutual friends, so it all came together at the same time. He was hired, I was hired. I wrote a first draft and then I had to stop because Fincher went to direct *The Game*.

ACT 2: THE PREPARATION

Fincher finished *The Game* with Michael Douglas. After its premiere in Autumn 1997, he turned his attention to *Fight Club*, working up new drafts and hiring leads.

Palahniuk Brad Pitt and Edward Norton's parts were decided early. Brad was the only kind of super-blond actor who could play that part and I remember David saying he wanted Ed because he was the plainest actor in Hollywood.

Edward Norton (The Narrator) I knew I wanted to be in this movie the minute I heard that we were going to get to say, "Fuck Martha Stewart."

Palahniuk The only casting issue was Helena Bonham Carter's part. At the time Courtney Love was going out with Edward Norton and she was campaigning for that part, so I'd assumed that she would play Marla. But David did not want to cast her. He wanted to cast against type and that's why he was advocating Helena.

Uhls I heard later that Helena Bonham Carter's mother thought the screenplay was a pollutant and wouldn't let her keep it in her room. I don't know that I was hoping for *that*, but I wanted it to be something that people would react strongly to.

Helena Bonham Carter (Marla) I thought that, in the wrong hands, this could be abominable.



Uhls There's a line in the book where Marla says to Tyler after they've had sex, "I want to have your abortion." Laura Ziskin [the late producer] didn't want it in the film, so David came up with the replacement: "I haven't been fucked like that since grade school." Then Laura said, "OK, put the first line back in," but it was too late – David liked his better.

ACT 3: THE FIGHTS

Fight Club began its 138-day shoot in July 1998. The realism and ferocity of its fight scenes would be pivotal to the film's success. Fincher hired Mike Runyard as stunt co-ordinator, who in turn brought in martial artist stunt men Damon Caro and Jeff Imada. An equally vital component in the film's success was Brad Pitt's physique, which raised the bar for all actors asked to remove their shirts. (As recently as 2013, Charlie Hunnam claimed, only half-jokingly, that Pitt had ruined it for every other actor with his impossible abs.) Men the world over went in search of a six-pack.

Mike Runyard (stunt co-ordinator)

Brad just turned up looking like that. That was his deal. I didn't do anything with him. I saw him using hand weights on set, but that was about it.

Damon Caro (fight co-ordinator)

He's a genetic freak. Brad can do anything he wants. He can build up, but for *Fight Club* he got lean; he was working out and restricting calories. He was shredded.

Bonham Carter Brad looked like a god in three dimensions but was nauseatingly normal. A lot of the time I didn't really understand what he was saying.

Jeff Imada (fight co-ordinator) Brad is a really quick learner. He's quiet but very down-to-earth and easy to work with. And he's incredibly coordinated.

Caro Brad and Ed were both pretty good at picking up the moves. Brad had brothers so he was used to wrestling quite a bit, while Ed was more of an analytical guy, but he had super-good cardio – he'd been doing a lot of running.

Runyard David likes to do a lot of takes. That's part of the reason why the fight scenes are so good. We'd get actors to look at what they'd shot in slow-motion and show them if they'd gone wrong. But he knew he couldn't do it for every



"I didn't care what anyone else thought because I was ecstatic. It was beyond expectation"

BRAD PITT

HIT NOVEL: RETURNING TO WORK STILL BLOODYED FROM A BRAWL INSPIRED PALAHNIUK TO WRITE

scene. One time we had five or six guys rappelling down the side of a building, one of them in a fat suit doubling Meat Loaf. We only had to do that three times...

Caro We wanted the fights to look raw. David didn't want polished martial artists – he wanted it to be gritty and messy. So if you look at his first fight in the parking lot through to the Angel Face fight (where The Narrator pummels Jared Leto's character), he was just forged through combat. Everything that he learned, his evolution came from getting in fights.

Brad Pitt (Tyler Durden) I grew up in the Bible Belt and it's the exact same thing at a revival, that energy that takes



"I WANT YOU TO HIT ME AS HARD AS YOU CAN"



PITT'S TORSO REDEFINED THE MALE PHYSICAL IDEAL...



...WHILE FIGHT SCENES MAINTAINED A BLOODY, BRUTAL REALISM

over. And people say that's God, but it's not – it's the energy of the mob.

Caro I remember the first time we were shooting in the parking lot, where Brad is talking to Ed and it's the origin of it all. He says, "How much can you know about yourself if you've never been in a fight?" It's the beginning of the journey of self-discovery and it was such a powerful night. That scene was a beautiful thing to see. That was when I thought this movie has the potential to be phenomenal.

ACT 4: THE LOSS

In May 1999, *Fight Club* was in post-production and Palahniuk, having quit his day job as a truck mechanic, was doing a series of press interviews.

Palahniuk I was in the middle of this publicity tornado and I was about to do an interview with *Time* magazine when a publicist called me. She told me, "I just got a call from the Latah County sheriff's office. They found your father's car outside a burned-down house and they think your father might be dead."

Palahniuk's father was dead. Divorced from Palahniuk's mother, Carol, his father Fred had responded to a lonely hearts ad placed by a woman called Donna Fontaine. Fred was unaware that Fontaine had been beaten by her violent ex-husband, Dale Shackelford, who was about to be released from jail. She had placed the ad as much for protection as romance. Shackelford followed them home from a date, shot them and burned the house down. He is currently serving a life sentence, despite Palahniuk requesting the death sentence.

Palahniuk Does watching the movie remind me of those events? Not really. The film was released in October and my father died at the end of May. It just makes me feel very nostalgic and it reminds me of my friends and how we lived at that time.



"Fight Club turns on the Baby Boomers and says, 'Screw you for the world you made'"

EDWARD NORTON

THE ONANIST'S GUIDE TO A SIX-PACK

"Self-improvement is masturbation," said Pitt as his abs launched 1000 sit-ups. Try A-list PT Dalton Wong's plan

01

HANGING LEG RAISE

3 sets of 15 reps

For Durdenesque inguinal creases (those hip-to-groin lines), hang from a pull-up bar with a Swiss ball between your feet. Lift your knees to your chest, then lower slowly.

02

CABLE WOODCHOP

3 sets of 10 reps each side

The definitive ab-sculptor: hold the cable above your right shoulder and bring it to your left knee in a smooth motion, like you're chopping wood. Do your 10 reps, then switch sides.

03

PRESS-UP PLUS

3 sets of 15 reps

Without good arms, Pitt would have looked scrawny. Lower to within an inch of the floor, pause and push up hard, driving your shoulder blades up high. That's what a real man looks like.

ACT 5: THE AFTERMATH

Despite its poor showing at the box office, *Fight Club* succeeded in provoking a strong reaction – one that tended to polarise along generational lines. Gen X had found its film. Fifteen years on from its release, Chuck Palahniuk is planning a sequel, but the after effects of his original novel and its big-screen adaptation are still being felt.

Uhls When I saw the whole rough cut in the theatre with the other cast and crew I thought it was brilliant, but I was worried as hell. It was afternoon and I don't drink in the daytime, but I started drinking.

Palahniuk As soon as I saw it I thought, "This is going to be like *The Graduate* – people loved the movie so much that nobody remembers the novel."

Pitt I'd never seen anything like it.

Caro I remember seeing it finally and just going, "Wow. It's so deep." And then when I started to meet people who'd seen it, the majority either loved or hated it. Whenever it comes up that I worked on *Fight Club*, I get a thousand questions.

Uhls I always thought we wanted this to connect on a socio-political level because that's really the core of the movie. I had some friends – I should say acquaintances – who said, "Yeah, I just thought it was a boxing movie." *A boxing movie?*

Norton *Fight Club* turns on the Baby Boomer generation and says, "Screw you for the world you made."

Pitt For the first time I didn't care what anyone else thought because I was so ecstatic about the final product. It was beyond expectation.

Fincher And kudos to Fox. They totally backed us.

Pitt When David and I first sat down, he said he was interested in making films that would still be around in 20 years and have a life. That's what it all goes back to.

WIN THE WAR ON FAT

MEN'S HEALTH
THE FIGHT ISSUE



REGIME CHANGE

Switch to a navy-strength gym session that sorts the specials from the civvies



NO MAN'S LAND

Elite apps that bulk up your workout with military intelligence



FULL METAL BASKET

See off shelf-shock and gain maximum impact from a sortie to the supermarket

04

FIELD MARSHAL

We track the vitamin-rich natural foods that out-flank fat

05

MILITARY COMPOUND

Reinforce your weightloss ops with fat-battering supplements

The Battle of Your Bulge isn't a skirmish but a lifelong campaign. To keep the enemy pinned down – permanently – you'll need to update your tactics, your arsenal and your intel. Look sharp, it's time to launch your flab offensive

WORDS: ED CHIPPERFIELD ILLUSTRATION: PETER CROWTHER ASSOCIATES

>>



RECON: THE THEATRE OF WAR

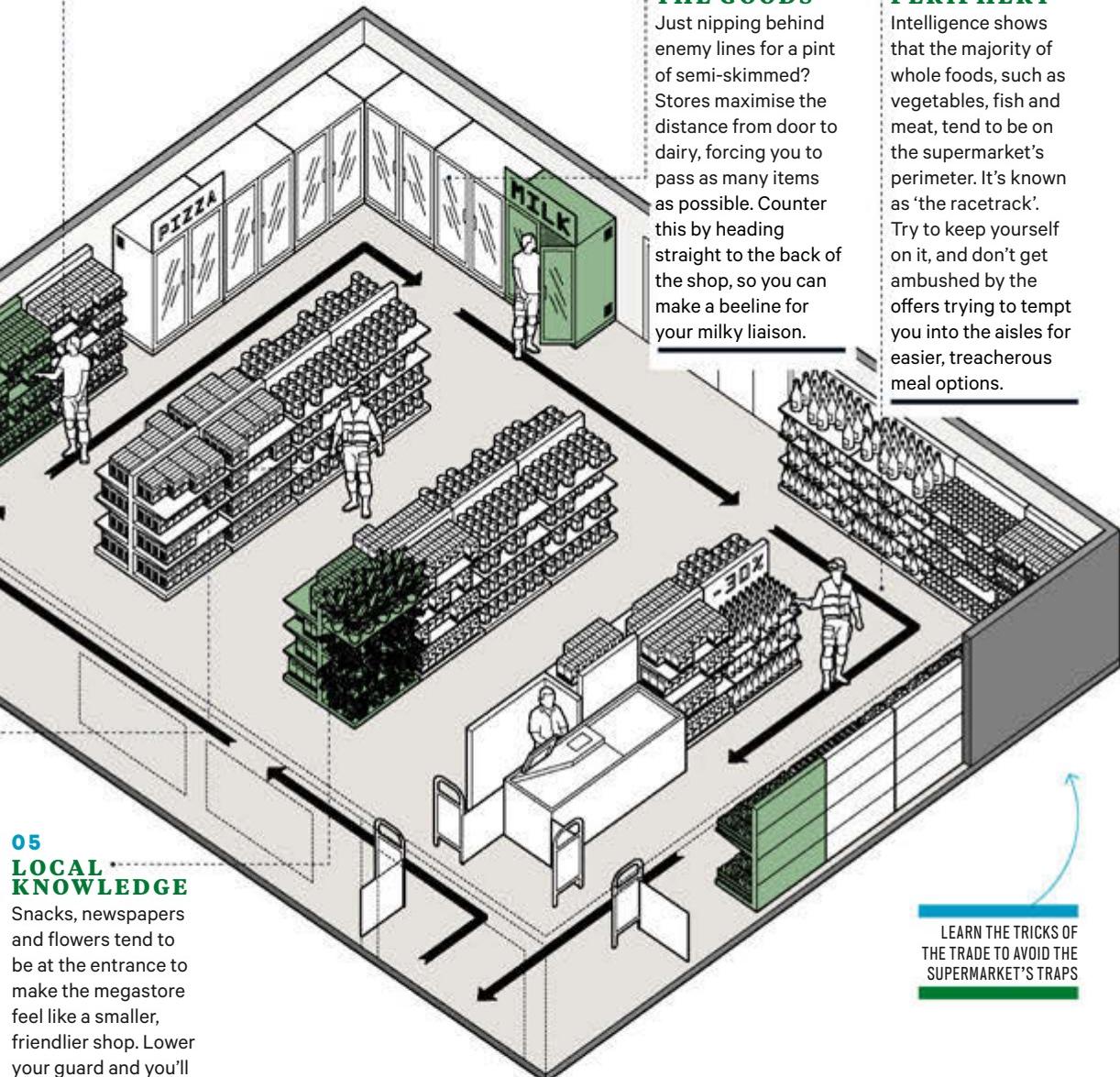
The supermarket is a hostile environment – adopt the tactical know-how of food writer and activist Michael Pollan to get in and out like a Navy Seal, leaving weight gain behind

01 DUCK AND COVER

Brands will often pay a premium to appear at 'grab level', ie between waist and chest height – an area filled with high-profit, low-quality goods such as processed cereals. Drop to your haunches and look on the bottom shelf, generally home to healthier rations.

04 KEEP MOVING

Research shows that 80% of the time we spend pottering in the aisles we're just drifting. This makes us sitting ducks for offers and gimmicks. Go with a game plan (AKA a shopping list) and an exit strategy: time each mission at 10-15 minutes.



03 SKIRT THE PERIPHERY

Just nipping behind enemy lines for a pint of semi-skimmed? Stores maximise the distance from door to dairy, forcing you to pass as many items as possible. Counter this by heading straight to the back of the shop, so you can make a beeline for your milky liaison.

LEARN THE TRICKS OF THE TRADE TO AVOID THE SUPERMARKET'S TRAPS

05 LOCAL KNOWLEDGE

Snacks, newspapers and flowers tend to be at the entrance to make the megastore feel like a smaller, friendlier shop. Lower your guard and you'll be filling your basket with 2-4-1 pizzas. Follow your head, not your gut, and grab heavy, boring goods first to cut down on impulse buying.

CYBER WARFARE

Gain the technological advantage over your love handles with this app-based ordnance

100% ARMY FIT

This British Army-made app takes you on the same fitness journey as a real soldier in training. So you get the military-grade strength and cardio exercises without the drill sergeant spraying you with his shouty saliva. (Free on Android and iOS)

NUTRINO

Tell the app your goals and foodie preferences, and it devises a realistic food plan to get you there. It's like having your own nutritionist – one who won't charge £60 an hour to discuss your stool samples. (Free on Android and iOS)

LOSEIT

Heavy on features, Loseit tracks your weight, exercise, nutrient intake, blood pressure and sleep, and packs an info-sharing system for peer-to-peer support. The diary you won't be ashamed of your mates finding. (Free on iOS, Android and Kindle)

FITOCRACY

Burning fat is easier when you share the knowledge of half a million other users. This app helps you to chart your progress, ask advice from others, and even challenge them to duels. Crowdsourced fat fighting. (Free on Android and iOS)

MEN'S HEALTH FITNESS TRAINER

Waiting a month for the new *MH* can seem like forever. So we crafted this app, which splits a range of workouts by difficulty and muscle group. Upgrade to the PRO version for 700 exercises with video guides. (Free on iOS)

01



KNOW YOUR ENEMY:
VIEW EACH SUGARY TREAT
AS A SUSPECT PACKAGE

THE WILL TO WIN

Weightloss begins in the mind. Use these tricks from psychologist Walter Mischel to beat slumps and shackle cravings

01 TERMINATE WITH PREJUDICE

Willpower behaves a lot like a muscle: it can be strengthened, but it's going to tire out if you ask it to do too much. Don't go in all guns blazing: try to change your diet and quit smoking at the same time, and you'll only fail in both.

02 KEEP YOUR DISTANCE

Describe what's happening to you in the third person, as if you're an onlooker: "The soldier is about to capitulate and gobble the doughnut." Yes, you will look slightly mad to any *actual* onlookers, but this technique helps to suck out the emotional cues that make you reach for the sugary snack.

03 DISGUISE THE DANGER

Don't see a Danish pastry sitting provocatively on the counter. Think of it as a small pool of brown-coloured fat that has been extracted from between your organs. See it for what it *isn't* and it will be easier to defuse cravings.

04 PLAN YOUR DEFENCE

The 'If, then' rule says that when you encounter temptation, you have a preset choice that you must always commit to. So, "If I see chips on the menu, then I'll order a side salad." This will stop you being caught off-guard.

05 PICTURE THE THREAT

Try putting an imaginary frame around your temptation and see it as a picture. Or imagine it in black-and-white newsreel footage, or in a music video from the '80s. This distance makes it less real and cuts your physical connections to the food.

06 CHILL OUT

There are two parts of your brain working when you make decisions: a hasty, emotional, greedy part, and a cooler, more analytical part. You can learn to rely more on the cooler part by simply counting to 10 and visualising your end goal: long-term happiness, not a few frenzied moments wrestling a cream cake into submission.

"THINK OF THAT PASTRY AS A SMALL POOL OF FAT"

CHEMICAL WEAPONS

Adopting a good, clean diet is half the battle – equip yourself with the only fat-annihilating supplements you need, and finish the job



SUPPLEMENT THE WAR
ON YOUR WAISTLINE WITH
THE RIGHT AMMUNITION

01 SESAMIN

This compound, found in the fibres of wheat bran, sesame and flax, might sound about as appetising as soiled fatigues, but a study last year* discovered it boosts the liver's ability to process fat and preserves muscle mass. (£12 for 90 servings discount-supplements.co.uk)

02 TYROSINE

Shown to aid fat loss by a study published in the *International Journal of Obesity*, this amino acid's thermogenic and mood-improving properties mean it'll help you shed fat and put a smile on your face in the process. (£3.99 for 100g bulkpowders.co.uk)

03 GARCINIA CAMBOGIA

Studies have shown this supplement to reduce bodyweight and BMI by more than 5% in just eight weeks. It releases the same compounds as eating does, helping you to feel full, and increases the amount of fat processed. What sets it apart is its power to block citrate lyase – an enzyme used by your body to make fat. (£11 for 45 servings national-diet-team.com)

04 GREEN COFFEE BEAN EXTRACT

From the raw berries of a coffee tree, this compound impacts on post-meal blood-sugar levels, keeping you full and banishing energy slumps. A 2011 review linked it to weightloss, and it goes down easier than most mess-hall Joe. (£20 for 90 servings evolution-slimming.com)

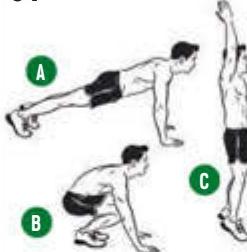
05 TTA

This fatty acid alters the processing and elimination of fats in the body, and boosts the energy usage of your cells' internal power stations. So, even during well-earned R&R, your body will steam its way through calories. (£13.50 for 30 servings genetic-supplements.co.uk)

SPECIAL GYM SERVICE

Grow some real military muscle by following this elite workout from PT and former marine Mark Maycroft

01

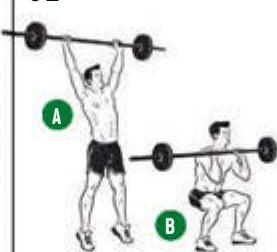


THE ULTIMATE BURPEE

10-15 reps

Start with a clap press-up (A), then jump both legs into your chest (B). From this low squat, explode up like a detonating Claymore (C) and do a tuck jump, bringing your knees to your chest. Squat down, kick both legs out and go again.

02

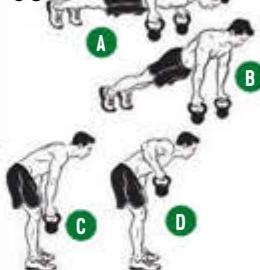


THE THRUSTER

10-15 reps

Start in the top of a military press, with the barbell held above your head (A). Squat, keeping the bar raised, only lowering it to chest height at the bottom of your squat (B). In an explosive motion, stand back up to full soldierly height, pressing the bar above your head. Don't call for the medic – this one is going to burn.

03

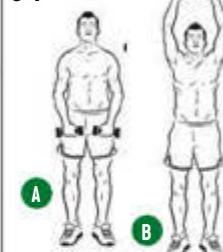


PRESS-UP/BENT-OVER ROW

10-15 reps

Hold kettlebells shoulder-width apart and do a press-up (A&B). Jump your knees in to your chest and stand. Bend at the hips, back straight (C), and bring the kettlebells up to the bottom of your ribs in a rowing motion (D). Lower the weights, stand, then squat, placing the bells back on the floor. Lock your arms and kick your legs back into a press-up. Repeat.

04



BICEP CURL AND PRESS

15 reps

No soldier is battle-ready without some serious lead in his guns. Perform a curl from hip height (A) to your chest with a power bag, dumbbells or even a barbell. Press the object above your head (B), keeping your elbows pointing forward in order to work your triceps and shoulders. Lower the weights and curl like a commando.

03



COLD WAR TACTICS

Sometimes, comrade, the best way to burn is to freeze

SIBERIAN SHOWER

A study in *The New England Journal of Medicine* found low temperatures activate your calorie-burning 'good' brown fat. Taking a cold shower once a day kick-starts this process, getting rid of your 'bad' white fat. Brave the icy water first thing in the morning to feel day-long benefits.

CHILL & CONQUER

Freshly cooked starches in pasta, potatoes and rice cause a spike in blood-glucose, but chilling them results in 'resistant starch', feeding your gut's good bacteria and helping you absorb fewer calories. A BBC study found chilled pasta cut spikes by 50%. Choose lunch accordingly.

COOL RUNNINGS

Sports scientist Dr Dominique Gagnon discovered that running when it's 0°C uses up fat more readily than it does your natural stores of sugars, saving this energy for later in the jog. Your body targets flab rather than glycogen, burning fat first and helping you run longer.

SOVIET SHIVERS

Clicking down the thermostat doesn't just save you money, but actually increases your calorie burn. Harvard professor Dr C Ronald Kahn found that up to 200 extra calories are burned when the dial drops to 16–17°C, even while you sleep. It's the human fat-burning equivalent of hibernation.

UPDATE YOUR ARMOURY

Your old arsenal of blubber-burning foods is a useful resource, but these upgrades will arm you with next-level fat-fighting power

01

CHILLIES X RUNNER BEANS ✓

Chillies used to be the vanguard of your attack, but they've been outgunned. Packed with vitamins that help your body burn stored energy, runner beans are high in manganese, a trace metal that helps energy metabolism, meaning that you burn more calories during exercising or at rest. Combine the two for an anti-fat WMD.

02

GREEN TEA X JAVA TEA ✓

Every old soldier has a green-tea story, loaded with heart-protecting antioxidants, of course. Yawn. Upgrade now, because the active ingredients in java tea increase the body's levels of leptin – the hormone that regulates feelings of satiety – more efficiently than its green cousin ever could.

03

CINNAMON X PINEAPPLE ✓

Cinnamon steadies blood-sugar levels, curbing the urge to binge. Pineapple goes further as it contains an enzyme that slows the development of fat cells, according to a study in the *PLOS One* journal.

04

OILY FISH X CHICKEN LIVER ✓

Just 100g of chicken liver contains 62% of your daily requirement of pantothenic acid – the nutrient your body uses when breaking down fats for energy. The same amount of salmon has just 26%.

05

CAYENNE X WATERMELON RIND ✓

Cayenne plays its part in burning fat, but you won't want a teaspoon during a workout. Watermelon's more rapid results are due to an enzyme that boosts blood flow to the muscle. Eat down to the rind.

WATERMELON RIND IS A CUTTING-EDGE AID TO SHARPER WEIGHTLOSS

FRIEND OR FOE?

Don't let fad diets stab you in the back, says nutritionist Matthew Lambert



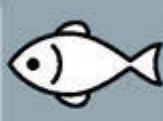
THE 5:2 DIET FOE

If you're active, you'll seriously compromise yourself with this diet. Your brain and body need power to perform; restricting calorie intake two days per week can leave you distracted and anxious. Approach with caution.



THE ATKINS DIET FOE

Eliminating processed carbs can cause rapid weightloss, but limiting fruit and vegetables leads to nutritional imbalance and fatigue. You'll lose energy and water short-term, but not so much fat.



THE PALEO DIET FRIEND

Eating only pre-agricultural foods is a good approach as it includes healthy fats and lean proteins. This diet is great for resistance trainers and dieters looking to chisel their body. Have you ever seen a fat caveman?



THE GI DIET FRIEND

Carbs are allowed if they have a low glycemic index rating: carrots good, cornflakes bad. If you learn the low-GI foods that work best for you, this can be a sensible and positive approach to weightloss.



THE DETOX DIET FOE

Fasting or cutting out major food groups for even a day or two can lead to fatigue and headaches. Any longer and you risk losing bone density and muscle mass, with no evidence supporting the detox hypothesis in the first place.

04





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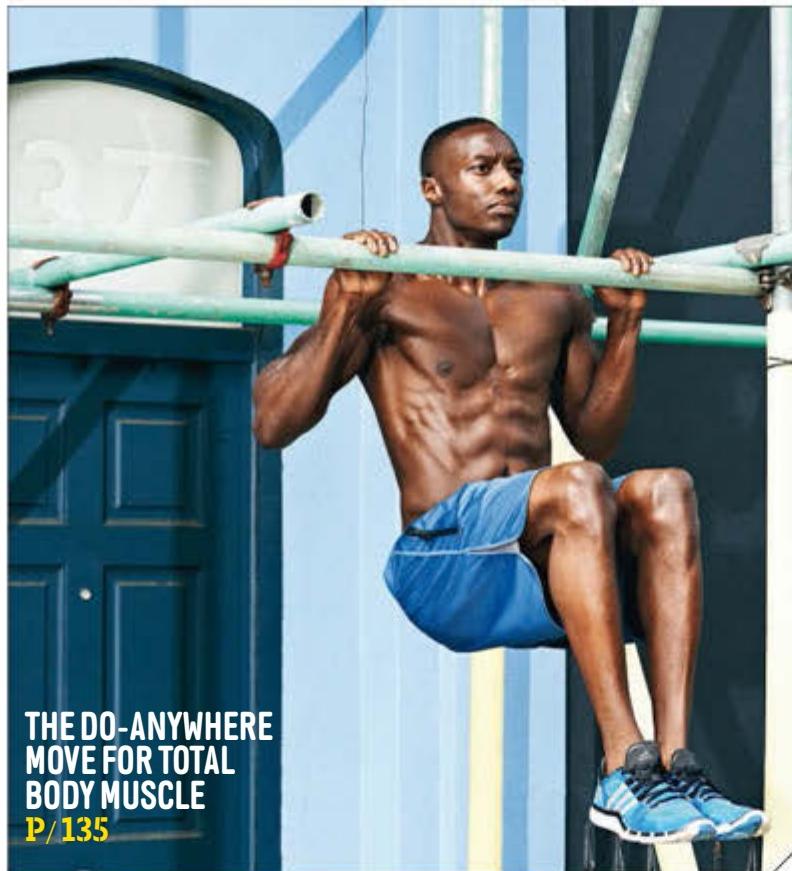
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P/135



THE ULTIMATE
FIGHTING KIT
P/132



RED MEAT VS
WINTER BLUES
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SMASH STRENGTH
PLATEAUX FOR
RUCK-HARD ABS
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AT YOUR
BEST

Chris Bolingbroke
Early morning runner

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maxi
NUTRITION
YOU, STRONGER

POWER SAUCE #07 HELLMANN'S KITCHEN

Fire up your metabolic rate with a mayo full of fat-burning MCTs and more amino acids than the latest hot sports supp



2 egg yolks + 1tsp English mustard



Juice of 1 lemon, squeezed into a bowl and mixed in



2tbsp melted coconut oil and seasoning, all whisked together



GUT-TORCHING MAYO
Apply liberally. Caution: flammable

PHOTOGRAPHY: LOUISA PARRY | FOOD STYLIST: JACK SARGESON | RETOUCHING: COLIN BEAGLEY AT PRE MEDIA | ADDITIONAL PHOTOGRAPHY: HEARST STUDIOS

MICROWAVE MUSCLE #08

BIG MAC 'N' CHEESE

Flick the switch on comfort food. With a mug, a handful of ingredients and 10 minutes you can turn a stodgy classic into 21g of hot, cheesy, post-gym protein

YOU WILL NEED...

- Macaroni, ½ mug
- Boiling water, ¼ mug
- Milk, ¼ mug
- Flavourless whey protein, ¼ mug
- Grated cheese, ¼ mug
- Chilli, to taste

TIME TO MAKE

10 minutes

NUTRITIONAL VALUE

21.5g protein
259 calories
3.9g sat fat



0-8MIN

To make this simple, you're going to ditch the scales and use your mug. First the mac – measure the pasta out and dump it into a bowl, pouring the boiling water on top. Cook in the microwave on full for 2min intervals, stirring after each time. The pasta should be cooked in 6-8min.



8-9MIN

Now for the "big" and "'n'cheese" parts. Mix together the milk and protein, both of which will limit the blood-sugar spike the pasta causes, then stir in the cheese and chilli. If you haven't got flavour-free whey, do not make do with 'chocolate brownie' or 'vanilla cheesecake'. Please.



9-10MIN

Pour your high-protein cheese mixture on top of the cooked pasta, add a bit of salt and pepper, then stick the lot back in the microwave for another 30sec blast on high. Stir, then repeat. Now enjoy your fast muscle fuel in comfort – and swerve the dreaded afternoon carb crash.

THE POWER OF
PASTA MADE
ENERGY EFFICIENT

1 BIT OF KIT, 10 WAYS #04

TAKE YOUR MEDICINE FOR A SLAM DUNK SIX-PACK

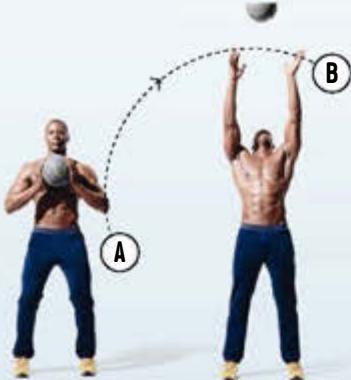
Waiting in line for the squat rack can feel like queueing for groceries. Smashing a medicine ball around won't just blast away boredom, it'll hit your abs from every angle in a way no barbell can. Perform two circuits for a workout to remember and see results in a fortnight

01

UP THROW

10 REPS

Things are looking up for your new body. Knees bent slightly (A), throw the ball high (B) and catch it. You should feel this in your shoulders and triceps. Not your face.

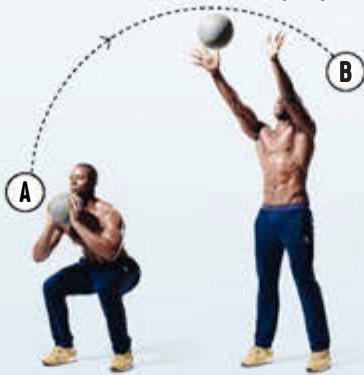


02

WALL SHOT

10 REPS

Warmed up? Time to dial up the intensity. Stand 2-3ft from a wall, squat (A), then explode up to throw the ball as high up the wall as you can (B). Catch it and go again.

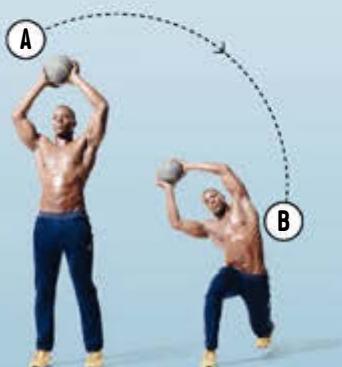


03

LEANING LUNGE

8 REPS EACH LEG

Start with the ball overhead (A). Lunge forward with your right leg, then lean your upper body to the right, ball 70° from the floor (B). Alternate sides with each rep.

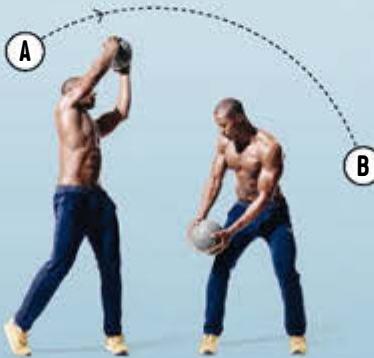


04

HIGH-LOW WOODCHOP

10 REPS EACH SIDE

Use the chop to hack out your obliques. Hold the ball to one side (A) and bring it down diagonally to your knee (B). Do all your reps on one side, then switch.



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IN 10 MOVES—IF YOU
HAVE THE BALLS

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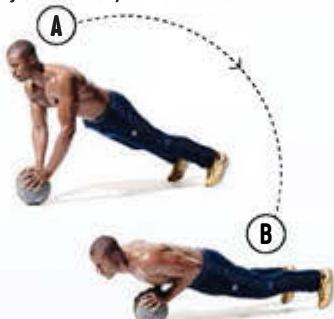
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05 PRESS-UP

TO FAILURE

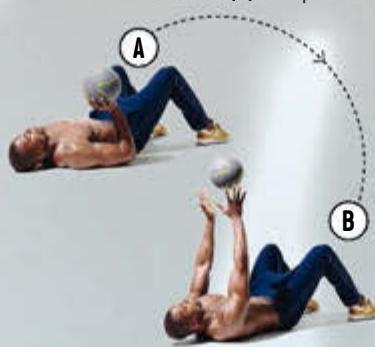
The ball creates instability, forcing your core into play. Keep your back straight (A) and bend your elbows to lower (B). Push up just before your chest touches the ball.



07 LYING SINGLE-ARM THROW

5 REPS EACH ARM

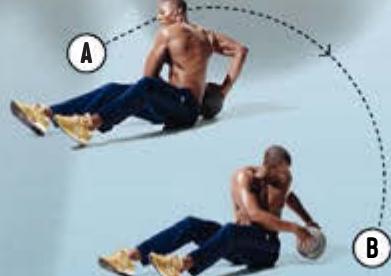
This will develop a knockout punch (use responsibly). With the ball in your right hand (A), straighten your arm to throw it. Catch with both hands (B). Swap sides.



09 TORSO TWIST

5 REPS EACH SIDE

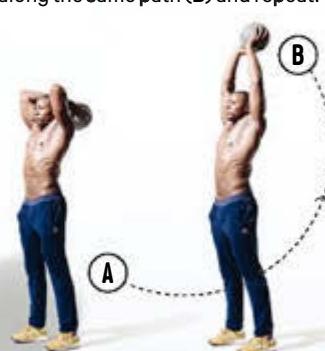
With your knees bent and ankles touching the floor, twist right and set the ball down behind you (A); rotate left to pick it up (B). Repeat 5 times, then change direction.



06 TRICEPS EXTENSION

15 REPS

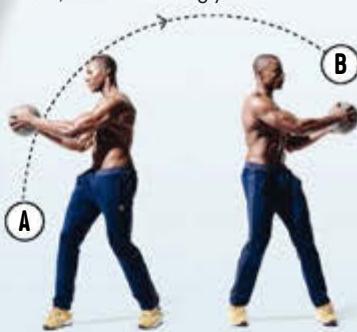
Hop back up, brace your abs and bend your elbows to lower the ball behind your head (A). Triceps burning? Raise it back up along the same path (B) and repeat.



08 TIGHT ROTATION

20 REPS

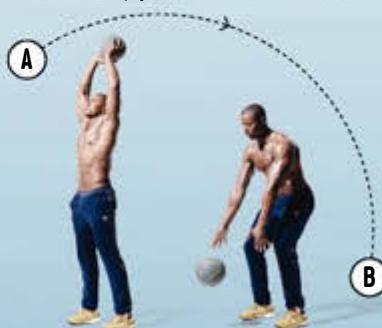
The narrow range of motion homes in on your six-pack more intensely. Rotate from 2 o'clock (A) to 11 o'clock (B) as quickly as you can, without moving your feet.



10 OVERHEAD SLAM

10 REPS

The big finish. This power-building move is a favourite of UFC fighters and rugby players alike. Hold the ball high (A), slam it down hard (B) and catch. Feel the noise.



SPEC

MUSCLES USED



WORKOUT 25 MIN

RESULTS IN 14 DAYS

LEVEL MED

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DEFINE



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TO BUILD MUSCLE WITH YOUR BODY ALONE...

Packing on lean mass isn't just about pushing heavy metal. Whether avoiding gym queues or working out at home, don't go easy on your body. Rock on

PLAY IT STRAIGHT

If you remember just one tip, make it this: keeping your shins vertical on squats or lunges shifts the load to your hamstrings and takes stress off your knees. Likewise, vertical forearms when doing press-ups or planks aims the work at your pecs, taking pressure off your elbows. The result? Faster gains and healthier joints.

GIVE IT 150%

Need a bodyweight workout in a hurry? Stick to basic exercises such as squats or sit-ups, but do 1½ reps, coming halfway up and down again in the middle of each. Be glad you're short of time.

PUT YOUR MOVE ON HOLD

To apply the plank principle to squats and press-ups, hold each move for 30sec halfway through. Swapping reps for static muscle contractions keeps your body guessing and helps you power past strength plateaux. You can practise your 'strongman shake' too.

BE AN ECCENTRIC

To go from bodyweight beginner to press-up pro focus on the lowering (eccentric) phase. Lower yourself slowly over 4sec before dropping to your knees for the upward (concentric) bit. The eccentric phase works your chest harder, strengthening your pecs and making whole reps easier in the long run.

...DO A

3-POINT

DO FEWER REPS

Roll-outs with an abs wheel target your entire core and – if you do them from your toes, not your knees – you'll match the work of 30 sit-ups in just 5 reps. Which is lucky, because that's probably all you'll manage.



EXPERT Andrew Johnston

PROFESSION A karate expert and qualified gymnastics coach, if anyone knows how to get the most out of your body, weights-free, it's him.

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GET A GRIP

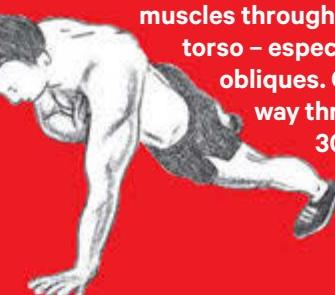
Forget pushing from your palms on press-ups. Raise onto your fingertips and end every session with one set working to failure. Your new vice-like grip will boost your deadlift 1RM by up to 55%. If you can do 10, great. More and you're Bruce Lee.

PUT YOUR BACKSIDE INTO IT

Tense your glutes during press-ups – it provides full-body muscle tension, which protects your lower back, improves posture and helps you make the most of every rep. Feel the squeeze.

RAISE YOUR GAINS

Can you do a 60sec plank without sweating? Upgrade it by raising one arm. The instability caused by balancing on three 'points' forces your core to work against your body's rotation, firing more muscles throughout your torso – especially your obliques. Grit your way through 3 x 30sec to see your 8-pack emerge.



STICK IT IN NEUTRAL

Cut your time at bar by changing your grip. An overhand grip targets your lats, an underhand grip works your biceps harder, but a neutral grip (palms facing each other) works both muscle groups. Double down on your pull-ups.

TURN

SIX NATIONS MUSCLE BECOME THE LEADER IN YOUR FIELD

If you covet the physique of an international rugby star, you need to train like one – and few can match England back rower James Haskell. Use his exclusive strength and power programme to look like you mean business and leave competitors in no doubt of it

You'd be forgiven for forgetting that James Haskell is a rugby player. He combines bodybuilder stature with fitness-model definition, and has 98,000 Twitter followers hanging on his every piece of training advice. The workout videos on his YouTube channel, BodyFire TV, garner around 30,000 views each. Haskell has become a force to be reckoned with on social media.

He is a rugby player, though. The captain of the resurgent London Wasps has over 50 caps for his country, and on the cusp of turning 30 is undoubtedly in the best shape of his life.

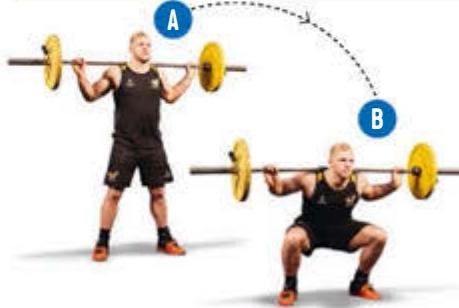
Each of his workouts drives toward power, dynamism and mobility, fusing rugby-specific moves with Olympic lifts and the functional strength of MMA and CrossFit. Done right, they are brutal. But Haskell is 114kg of solid proof that they work. *MH*, for one, is not going to argue.





ADD STRENGTH WHERE IT COUNTS

That is, everywhere. "We don't isolate body parts," says Haskell. "Rugby isn't about how much you bench." Do this full-body workout twice a week for a month to gain visible, athletic muscle



01 BACK SQUAT 4-5 SETS OF 2-5 REPS

Rest a barbell on your shoulders (A). Bend your knees and hips to squat (B) then push through your heels and back up. Go as low as possible. Can't dip far? Your set is over.

SUPERSET



02 ROMANIAN DEADLIFT 4-5 SETS OF 6-8 REPS

Bend to grab the bar with a wide grip, legs as straight as possible (A). Push your hips forward to stand, shoulders back (B). Rest 60sec, then go straight back to the squats.



03 PROWLER PUSH 3-4 SETS OF 10-15M

Load a sled and hold with arms straight, back flat and your head up (A). Drive with your legs, in short steps (B). Go 15m, then turn and come back. That's 1rep.

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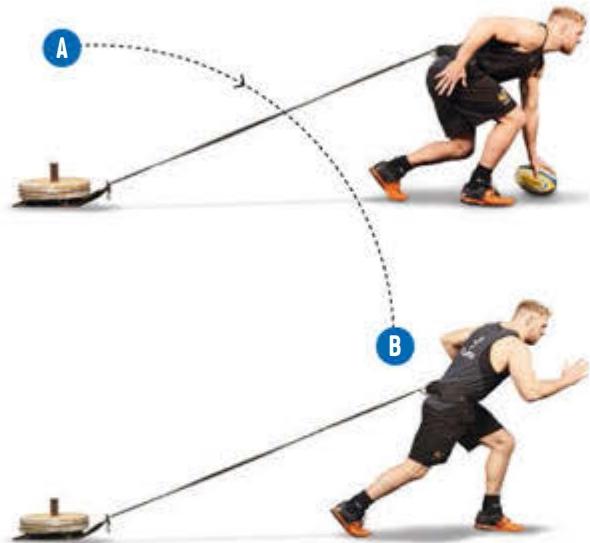


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**THE SPEC**

TOTAL BODY



WORKOUT

45
MIN

RESULTS IN

4
WEEKS

LEVEL

MED**04 SLED DRAG**
3-4 SETS OF 20M

This move simulates powering through tackles. Strap on the harness and get in a sprinting stance, knees bent and torso low (A). Charge forward, staying low all the way out for 20m (B). Rest for 20sec and go again. Aim for 4 lengths in total.

**05 MILITARY PRESS**
4-5 SETS OF 2-5 REPS

Haskell uses these to injury-proof his shoulders. Begin with a bar across your collarbone, palms forward, knees slightly bent (A). Push up to extend the bar above your head as you exhale (B). Breathe in as you lower the bar to your collarbone.

**06 CURL TO PRESS**
4-5 SETS OF 6-8 REPS

Finish with a bicep-builder – for gripping the ball, not just aesthetics. With elbows tucked, curl the dumbbells, twisting so your palms face in (A). Push them straight overhead (B), turning again to end with palms out. Reverse, breathe, repeat.

**TURN OVER
FOR WORKOUT #2**

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DEPLOY POWER WHEN IT MATTERS

In the controlled car crashes that are modern test matches, it doesn't matter how big you are. "The hardest players to tackle aren't the largest but the most explosive," says Haskell. "This next session focuses on power endurance." Perform it twice a week, alternating with workout #1. That it will also make you bigger can't hurt



01 HANG SNATCH 4-5 SETS OF 2-4 REPS

With a barbell in a wide overhand grip, bend your knees and hips until it touches your thighs, keeping your arms straight (A). Now jump, extending your body and shrugging to pull the weight up overhead (B). Dip, extend your arms and stand.



02 TYRE FLIP 4 SETS OF 4 REPS

It's not hard to see how this strongman favourite translates to the rugby field. Squat to grip the base of the tyre, back straight and head up (A). Drive up with your legs, shifting your hands as shown (B). Push hard to complete the flip.



03 TYRE HAMMER 3 SETS OF 10 REPS

Pick up a sledgehammer with both hands. Swing it up and, as it reaches its zenith (A), shift your top hand to the bottom to bring it onto the tyre with as much might as possible (B). Do you feel like Thor? Then you're doing it right.



04 MED BALL THROW 3 SETS OF 4 REPS

An MMA-inspired move for functional power: grab a medicine ball and squat (A). The lower you go the more elastic energy you'll have. Spring up to hurl the ball above you (B). Let it bounce, grab it and go again. Do not try to catch it.



05 ROPE SLAM 3 SETS OF 10 REPS

Loop a battle rope around something heavy and hold the ends. Bend your hips and knees to dip slightly (A), then start flinging your arms up, whipping them down to slam the ropes into the ground (B). This one builds pro endurance.



06 MED BALL NINJA 3 SETS OF 10 REPS

Start on the floor, knees bent, with a med ball in both hands. Now turn your upper body to touch the ball down on one side, and reverse to touch it down on the other (A). Immediately jump up and press the ball above your head (B). Drop; repeat.

THE SPEC

UPPER BODY



WORKOUT
30 MIN

RESULTS IN
4 WEEKS
LEVEL
HARD

FIT TO PLAY

For a cardio challenge, Haskell suggests you perform each of these moves all-out for 20sec, then rest 15sec while you get ready for the next exercise. After each complete circuit, take a 90sec breather. Then go again. Aim for 5 circuits in total. Let us know how you get on.

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FRANKENSTEIN FOODS #06

STEAK OUT AND WHIP THE BLUES

Seasonal affective disorder cuts deep, but topping your sirloin with extra fats will slice through the sadness. Happier living through nutritional chemistry

According to '50s rocker Eddie Cochran, there ain't no cure for the summertime blues. Well, even if we overlook the indefensible double negative, nutritional science has called his assertion into question. Getting enough vitamin D into your system will not only remedy dejection in June, it can also battle its vicious wintertime cousin, seasonal affective disorder. Sunlight helps your body to synthesise vitamin D, but in the absence of that, a slab of beef makes the cut too. Studies from the Cleveland Clinic state that eating fats at the same time as foods high in the fat-soluble vitamin increases your body's absorption rate by up to 50%. Which is reason enough to indulge in a '99 Steak' once a week. If the weird science doesn't appeal to you, then a fat-based sauce such as bearnaise has the same effect. Though it's 50% less fun.

EAT YOUR AFTERS WITH
YOUR BEFORS AND GOOD
TIMES WON'T DESSERT YOU



FIRST GEAR #06

THE FIRST TOOLS OF FIGHT CLUB

Mixing it with martial artists doesn't have to tap out your bank balance. MH has collated the ultimate fighting kit list to make you an MMA contender in 2015. Cue your walkout song, roll those shoulders and let's get to work


SNAP TO IT

Unless you're a devoted Jean-Claude Van Damme fan, chances are your legs aren't used to kicking. Shield your shins from the pain of training and stay firmly on two feet.

Lonsdale X Lite Shin Guards £40 bytomic.com


SHORT RIGHT

These are far more respectable than Lycra pants, but just as easy to move in. An anti-slip waistband means you won't get caught with your pants down mid-combo.

Chikara Performance Shorts £45 hayabusafightwear.co.uk


STRETCH YOUR POTENTIAL

High-tensile strength panels and side-split seams give you an unrestricted range of motion


CUP OF LIFE

Hayabusa's super-strong 'thermopolymer' will prevent low-blows laying you out. It's also ergonomically shaped to stop shifting; no awkward re-arranging between rounds.

Exoforged Protective Cup £18 sugarrays.co.uk


FISTS OF FURY

High-quality leather ensures these last you from beginner to belt winner. And spare you the musty communal gloves.

Everlast MMA Pro Style Gloves £25 blitzsport.com


VANGUARD

Sure, it will keep your teeth in place, but this guard also aligns your jaw to disperse strike impact. You'll chew through sparring partners.

Under Armour Armourbite £35 themouthguardshop.com



BANE OF YOUR LIFE

Straight outta Gotham, this adjustable mask provides all the cardio benefits of altitude training up to 9000ft. And is cheaper than a hypoxic chamber. *Elevation Mask 2.0 £70 mmaapparel.co.uk*



WRAP IT UP

Don't burn precious gym time unravelling tangled wraps – snap these on and let the double thick Neoprene protect the tools of your new trade. *Everlast Quick Wraps £12 fightsuperstore.co.uk*



GLOVES ARE ON

Added support prevents injury (to you, not your rivals) if you've yet to fully nail your striking technique



RASH THE FENCES

Doing Brazilian jiu-jitsu a few times a week can be abrasive. A lightweight top spares you unnecessary friction, while the compression fit reduces tomorrow's muscle soreness. *Grips Athletics Rash Guard £40 made4fighters.com*



GO DOWN SWINGING

Your bench PB counts for little in the octagon. Work your body from all angles and perfect your take-downs with MH's sandbag. It'll take more punishment than a sparring partner. *Men's Health Elite 10kg Sandbag £30 argos.co.uk*



HANG IN THERE

Your grip strength can be the difference between grasping victory and letting things slip. This trains your fingers, and will help with everything from pull-ups to opening jam jars. *Prohands GripMaster Hand Exerciser £11 sugarrays.co.uk*

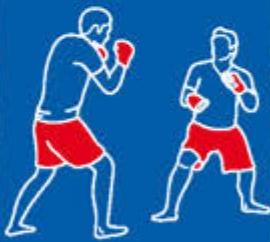


TOTAL WIPEOUT

Finally, the grappling mats are a breeding ground for more than just warriors; rolling in sweat can put you at risk of bacterial infection. KO germs with a pack of anti-bac wipes. *Dettol £2 boots.com*

SCORE YOUR 1ST TAKEDOWN

Getting an opponent onto the ground can instantly swing the round in your favour. MH breaks it down:



SET THINGS UP

If you just try to grab him he'll see it coming and be able to defend your attempt or, worse still, counter with a knee or uppercut. Throw a stiff jab or two to get his guard up; when he's covering his face, his body is left open to attack.



CHANGE LEVELS

Now instantly drop down by bending at the knees, then shoot your back leg forward to drive your shoulder into his stomach. Wrap both hands around the backs of his knees and keep your head tucked firmly into his side.



FINISH HIM OFF

Push up and forward while hinging his knees with your hands to tip him up and over, away from the side your head is on. Done correctly, you should land with your upper body at a right angle to his. Proceed to dominate.

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GET TO TEN #04

TUCK IT TO THE LIMIT

All you need to grab hold of a V-shaped body with abs to match is something to hang from. The tuck pull-up isn't easy, but the reward is full ab activation plus a broader back. In other words, this is the mother of all moves

01/ GRIP AND RIP

Jump up to hang from the bar with an overhand grip, hands slightly more than shoulder width apart. Now imagine twisting the bar or ledge inward to bring your palms together. You won't be able to, obviously, but it will activate more of your biceps for extra strength.

03/ DOWN AND UP

Before you pull, set your shoulder blades down to invite more of your back muscles to the V-shape-building party. When you do pull, think about dragging the bar down toward you. It helps. Keep your legs locked throughout and repeat nine more times. Dropping your legs is not permitted. Grimacing, however, is.

02/ SUCK IT UP

Tense your abs and bend at the knees and hips to bring your knees up until your thighs are parallel to the ground. You should feel it in your hard-to-hit lower abs. Nice isn't it? Keep your feet pointed forward, not down, to engage your glutes and counter any undue wobbling.

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CHEAT DAY #02

THE CHEESE TOASTIE THAT MELTS FAT

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MANCHESTER

The newest addition to our 10K Survival series, Manchester was a standout star of 2014. With two obligatory canal dunkings early on, wet weather didn't matter one jot, but Survivors' race vests (if not their spirits) were damped later on too, with the addition of unexpected water tanks and rapids. The innards of the Etihad Stadium were once again a popular stage, but despite our competitors' best efforts, they couldn't quite match London for fitness. Cocky cockneys beware: the North remembers.

THE EQUALISER



He was the benchmark – the control in our test, the man to beat. In the battle between North and

South we looked at the percentage of Survivors who beat our carefully selected Equaliser. And the winner – by a sizeable stack of haybales – was London. North or South, sign up now to represent your capital in 2015 at mhsurvival.co.uk.



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LONDON

It was a new venue for London Survival last year, as we emigrated from the twin towers of Battersea Power Station to the twin towers of Wembley Stadium. And despite the fact we upped the obstacle count significantly, the nation's capital held its own against the Northern pretenders. It's official, London is fitter than Manchester. Until November 2015 at least...

THANKS TO OUR GOODY BAG PARTNERS

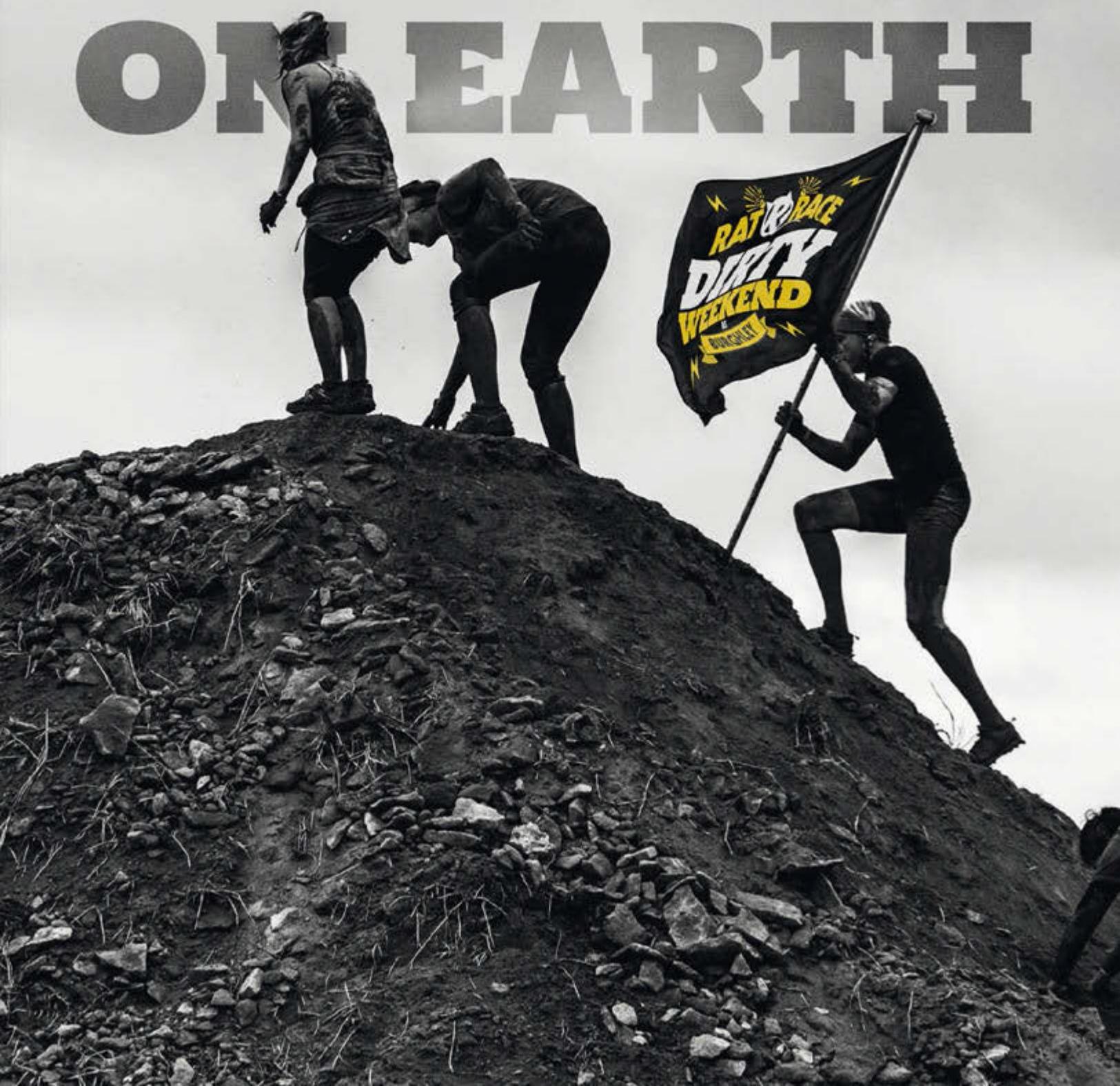
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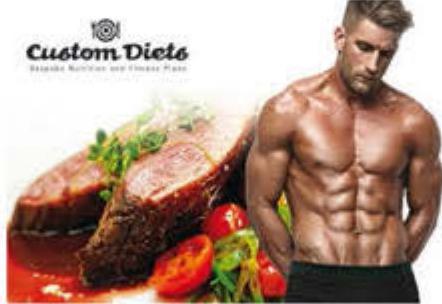
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GUIDE TO **Style**

03

15

- **PERIOD DETAILS**
The golden-age accessories that will never get old
- **TIMELY CLASSICS**
Six future-proof pieces and how you can wear them now
- **BODY RESTORATION**
Grooming essentials to turn back the clock



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A male model with dark hair and blue eyes, wearing a dark blue zip-up jacket over a dark turtleneck, resting his head on his hand.

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A man for all seasons

Skatewear and hi-tops have their time and place, but true style transcends both. This is your guide to looking cool but never past your sell-by date

**12****PERIOD DETAILS**

Accessories that have passed the test of time, from the '20s to the '70s, and are guaranteed to look good for decades to come

**16****AGE-RELATED CONDITIONS**

The MH style doctor is in. And so are granddad collars. Unsure if you're too old for trainers? He has your prescription ready

**18****WHITE UP TO THE MINUTE**

A time-honoured white shirt can feel fresh with contemporary details and styling moves. These examples are white for right now

**20****TIMELY CLASSICS**

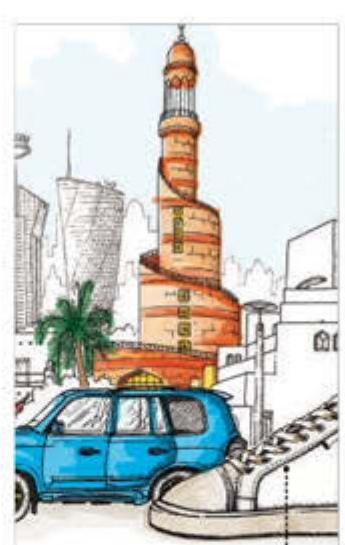
Some pieces outlast fashion, but you needn't give it up altogether. Combine staples in an on-point way without going Zoolander

**28****THE ART OF MAINTENANCE**

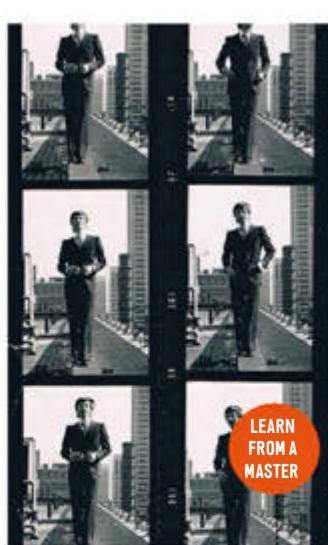
Grooming products engineered for your age, fragrances that lend you the air of maturity or youthfulness, and how to lose hair gracefully

**30****THE YOUNG AND THE RESTLESS**

The new kids and the old hands on the fashion block. Because, like a football team, a successful wardrobe integrates both

**32****ALTERNATIVE SPRING BREAKS**

Stylish destinations that do not feature on *Sun, Sex And Suspicious Parents* plus what to pack and do once you get there

**36****THE OLD RULES OF STYLE**

Tailor Edward Sexton, who has been dressing your icons since the '60s, gives you his well-attired men commandments

Period details

Fashions may change twice a year, but real style never ages. You can bank on getting your money's worth from these time-tested investment pieces

WORDS JAMIE MILLAR

STYLING ERIC DOWN

ILLUSTRATIONS MARINA ESMEREDO



SNAFFLE TICKET

Nixon may have been suspicious of Frost's Gucci loafers, but they've been an unimpeachable choice since 1953, and are the only shoes judged worthy of display in New York's Museum of Modern Art. Able to be saddled up or down thanks to their horsebit or 'snaffle' hardware, they're such thoroughbreds that they can still be trotted out on the catwalk in (S/S) 2015. £410 Gucci at mrporter.com

LASTING FRAME

Visionary eyewear maker Oliver Goldsmith convinced the post-war generation (reeling from the trauma of NHS specs) that glasses could be fashionable, via Michael Caine and Peter Sellers, who was a fan of this particular style. And the recent Tom Ford-driven trend for thick frames means these designs are no less sharp today. OG in more ways than one. £285 Oliver Goldsmith

CUBIST MOVEMENT

The Cartier Tank was as advanced in 1917 as its military namesake, including the 'tech' of a strap (pocket watches were the norm) without looking tacked on, thanks to its then-radical square case. 1922's Louis Cartier version is the gold standard for dress watches – along with the Submariner, it's one of the big guns: much copied, never superseded.

Tank LC XL Extra Flat

£10,100 Cartier

**MIGHTY WRITE**

JFK used the Montblanc Meisterstück 149 to sign laws; Hemingway, to write notes; Bond, to melt the bars of his cell with acid. But while it's a design classic, sat with Gucci (*left*) in the MOMA, it's no relic. Technology has only increased the value of handwritten notes, while studies prove they make you smarter than typing. The pen is mightier than the Word.

Meisterstück 90 Years 149
£620 Montblanc

ALTITUDE SLICKNESS

You might associate Ray-Ban aviators with *Top Gun*. But the style – made to cover all of pilots' eyes while giving uninterrupted field of vision – dates back to 1929.

Whether you're playing beach volleyball or on the highway to the danger zone, they're no less practical or on-point now.

See actor, writer and all-round stylish man Justin Theroux, on screen in *The Leftovers* and off.

£170 Ray-Ban

300\$



SOUND INVESTMENT

The versatile penny loafer was minted in 1936 when US company GH Bass adapted a comfy moccasin worn by Norwegian fishermen (hence the coinage of "Weejun") by adding a thicker, more formal sole.

The result was flexible enough for Michael Jackson to moonwalk through the '80s in – and wear with both his tux and leather jacket.

That you can buy them now in Urban Outfitters shows they're still in step.

£125 GH Bass

70S



VINTAGE MODEL

Italian brand Tod's has cornered the driving shoe market since 1979, when it added its trademark rubber 'gommino' (pebbles) for grip. Softly structured so you can feel the pedals, they work with sporty or sensible outfits. In recent years, Tod's has rolled out a full range of clothing – but the car shoe is still very much the star. Club Gommio £298 Tod's

SHARP BLADE

Kipper ties have had their chips, but Drake's neckwear is still going strong. It helps that they're handmade in London, at a fad-proof 8cm width, with a 'slip stitch' that holds the fabric to the lining.

That gives them greater longevity – and a volume that makes lesser neckwear look flat and lifeless. The texture meanwhile goes as smoothly with a blazer and jeans as it does a suit.

£115 Drake's London

AGED SCOTCH

Forget Alexa, Lily et al: Mulberry's real 'It Bags' are its distinctive scotchgrain ones, in vogue since the mid-'70s. The pebble-effect material is a polyurethane-coated canvas that is lighter than leather, water-resistant and durable, so it'll look just as good – if not better – in 40 years. That olive green is particularly hot right now is a happy coincidence. Clipper £550 Mulberry



Age-related conditions

Whether you have an underdeveloped sense of style or simply find yourself increasingly confused about what to wear as you grow older, MH's fashion physician Jamie Millar has some timely advice

Q What's a granddad-collar shirt? Sounds kinda old-fashioned.

A Quite the opposite, my sartorial colt. Although it's been around since the days of *Peaky Blinders*, the granddad collar is very much of the now. Basically a shirt with a short, stand-up band in place of the usual fold-over (as its alias the

'band-collar' suggests), this is an evolution of the trends for ever-smaller collars. Wear it done up all the way or (slightly) unbuttoned, casually or under a blazer. But whatever you do, don't try and wear it with a tie. Not even a really skinny one.



£200 NIGEL CABOURN

Q I'M A GROWN MAN WHO STILL LIKES WEARING BASEBALL CAPS. AM I IN GEORGE W BUSH OR – HORROR OF HORRORS – WILLIAM HAGUE TERRITORY?

A A rule of thumb with sportswear is to first ask whether you are in good enough shape to play the sport. Another: select simple, high-quality items, whether it's a sweatshirt, trainers (see right) or in this case, a cap. Check out US brand Ebbets Field Flannels' range of vintage designs for J Crew. Just remember to take it off before the summit meeting.



Q Why are old men's trousers always so high?

A It's to do with the 'rise', AKA the distance from the waistband to the point between your legs. And it can dramatically affect how you look – not just how old.

HIGH



High-rise

That's anything more than 11in: good if you are over 6ft or want to lengthen your legs. If the waistband nears your bellybutton, put them back, Cowell.



Regular or mid-rise

The safe ground, from around 9-11in: good for most. Generally speaking, the longer your torso, the higher the rise should be.



Short rise

Bit confusing: 7-9in is short rise. As the name suggests, it's good for shorter men who would prefer to wear their trousers on their actual waist.

LOW



Low-rise

Worn on the hips. Good for hipper – and slender – men and styles (eg jeans). Less so if you're stocky or have a long torso; your legs will look 'low-rise'.

Q HOW OLD IS TOO OLD FOR TRAINERS?

A It's more about being too old for certain types of trainers. Past the age of 30, checkerboard Vans can look a bit tragic (unless you're Tony Hawk). Block-colour white ones, on the other hand, are more forgiving. As well as on the plain side, the more old age-appropriate trainers tend to be older designs which have weathered the ravages of time largely unchanged (as we're sure you have too). Look for classic styles with minimal bells and whistles, such as Adidas Stan Smiths or Converse Jack Purcells. Cleanliness is the other key: if you're old enough to wear proper jeans, you should be treating your trainers with similar respect (even using shoe trees). PS If this is Sir Mick Jagger or Sir Paul McCartney, the answer is: your age. Minus a couple of decades or so.



Q I'M SEEING MORE PLEATS ON TROUSERS. AREN'T THEY A TRIFLE FOGEYISH?

A Not so fast, young whippersnapper. Pleats have been damned by their association with baggy and/or high-rise trousers (see below). But they serve a valuable purpose, namely to create extra space around your hips, adding comfort and range of motion in a way that's particularly welcome for athletic or, ahem, fuller figures. Think about them less in terms of fashion and more in terms of function. Besides, as you note, they've been coming back 'in' over recent seasons, perhaps because slim trouser-wearing designers got bored of not being able to put things in their pockets or sit down. Just make sure that the trousers still actually fit you properly.

Q Should I keep old clothes for doing the gardening?

A Nurse! This patient needs a shot of wardrobe adrenaline, stat!



the original
- button up -

SINCE 1963



#buttonup

BEN SHERMAN

bensherman.com

White up to the minute

It's a shirt staple that is never wrong, but don't let its classic status be an excuse for convention. Innovate with these upgrades



01

01

SHARP ANGLE

Statement cutaway collars are peaking, partly due to stylish Italians on blogs, but also because they don't collapse without a tie. Just don't fill the space with an 'on-trial footballer' knot.

£110 Mr Start



02

SMALL DETAIL
Narrowing collars are starting to make ties unworkable – bar 'air' ties (ie done-up top button) or bolo ties (not recommended). This shirt is versatile enough for both biker jacket and blazer.

£30 River Island

04

03

INFORMAL WEAR

The slimness of this dress shirt makes it contemporary and not classic. Wear it with a similarly proportioned dinner jacket and dark jeans for an Arctic-cool evening look, minus the penguin suit.

£145 The Kooples

DRESS SHIRT

As well as sporting a snappy granddad collar (see p16), this 'tunic' shirt is cut for current layering trends: a long layer under a shorter one, under a still shorter jacket. Unsure? Tuck it in.

£69 Cos



05

BONDED COLLAR

Tab collars – with a piece of material across the middle – have enjoyed a renaissance thanks to 007 in *Skyfall*, and the realisation that collar bars can be a bit 'much'. This gives your tie knot a lift – along with the rest of your outfit.

£115 Hardy Amies

WHITES AND WRONGS

Keep your shirt as fresh as the day it was bought with tips from Natalia Varga, executive housekeeper at the Marriott Hotel Park Lane, London



DO follow the washing instructions on the label. To the letter.
DO gently dab at stains as soon as you spot them – scrubbing away will only make them worse.
DO use Vanish Oxi Action Powder (£4.70 for 500g): "It works wonders."



DON'T spray fragrance onto the shirt; it can damage the fabric.
DON'T leave it too long between washes, even if it appears clean. Your skin's oils discolour the cloth.
DON'T overdry, as this can tinge the colour and make it hard to iron.



an original
Penguin
by Munsingwear



#BEANORIGINAL | ORIGINALPENGUIN.CO.UK

Timely classics

01

Jean Splicing

The denim jacket just keeps on truckin', from late 19th century cowboy-wear through to 21st century city slicker staple. "Its versatility has made it a mainstay," says Dan May, style director of Mr Porter. "It can be casual with a simple tee or chic with a knitted tie, worn on top in summer or under an overcoat in winter." Provided it fits snugly, that is: "A baggy silhouette takes that clean edge away." It's guaranteed to have a longer lifespan than any Marlboro Man.



As Yves Saint Laurent said, "Fashions fade, style is eternal." These pieces are the building blocks of your wardrobe. But you don't have to abandon trends altogether. Instead, just combine them in a way that looks current

PHOTOGRAPHY PIP
STYLING ERIC DOWN
WORDS JAMIE MILLAR



SWEAT EQUITY

Sweatshirts like Givenchy's printed ones are now high-fashion items. But plain grey remains the most age-proof bet for the long term. Plus it'll go with your hair.



HIGH-LOW CONTRAST

A denim jacket is a casual go-to. But if you want to seem more grown-up, you can pair it with tailored trousers: tweed in winter, white cotton in summer.



BASE RETURN

Like Federer's serves, Adidas Stan Smiths have rarely been out since their launch in the '60s. But after their 2014 return, the tennis shoes are fresher than ever.

JACKET £160
NATURAL SELECTION
JUMPER £55 LEE
TROUSERS £425
EMPORIO ARMANI
SHOES £72 ADIDAS
WATCH £5740 LONGINES

02

Camel Back

Camel overcoats can be found in the stuffiest of men's outfitters – and recent collections from the hippest brands such as Marc Jacobs, Ami and, for this season, BLK DNM. That's because it can be dressed up or down – but just make sure its fit is modern too: "Keep the length to mid-thigh," says Luke Mountain, buying manager for formal and casualwear at Selfridges. "That will give you the right proportion to wear with a jacket and without." Any lower can look a bit Arthur Daley.

CARRY WEIGHT
Soft-shell briefcases aren't as traditionally formal as old-school hard-backed ones but will nevertheless lend you considerably more gravitas than your backpack.

BAR CODES
Young London designers such as Jonathan Saunders pushed striped knits for SS15. Band one with a traditional camel coat and what's old is new again.

DIVIDING LINES
As seen on p16, pleats make your trousers a little roomier (which, by the way, is now a trend). What we didn't mention is that they make your strides a little dressier too.

COAT £595 BLK DNM
JUMPER £165 JACK SPADE
TROUSERS £795
ERMENEGILDO ZEGNA
WATCH £3950 BELL & ROSS
SUNGlasses £295
OLIVER GOLDSMITH
BELT £85, SHOES £275
RUSSELL & BROMLEY
SOCKS £12 FALKE
BRIEFCASE £460 HACKETT



JACKET £1150 ACNE STUDIO
JUMPER £POA HACKETT
TROUSERS £65
LE COQ SPORTIF
SUNGGLASSES £270
KRIS VAN ASSCHE

03 Great Strides

Maybe it's because they're the epitome of smart-casual, or maybe it's because they're beige. Either way, chinos can harbour connotations of staidness. But they originated in the military, so they're easily badass enough to wear with a denim or biker jacket – if the fit is right. "Think of them as fitting more like your jeans than trousers," says Selfridges' Luke Mountain. "Slim in the thigh and seat, no break at the bottom of the leg and even a small turn-up." Less middle manager, more boss.

**CARDIGAN £305
MICHAEL KORS**

**BLAZER £345
CAROLINA HERRERA**

**T-SHIRT £15 DAVID GANDY
FOR AUTOGRAPH**

**WATCH £1280
BAUME ET MERCIER**

JEANS £245 JACK SPADE

SHOES £195 HACKETT

BLANC CANVAS
A white T-shirt is as classic as it gets, but looks current under a tailored jacket – a look that's been cropping up on catwalks. It's more casual than a shirt, but still crisp.

POWER SQUARED
While only Americans should call this blazer a "sport coat", a check does make it sportier and less formal. It doesn't have to feel old either if you dial up the colour and/or size.

MINIMAL TASSEL
Less stiff than leather in all senses, suede loafers can dress tailoring down or jeans-and-a-T up. They're also better for pulling off the 'no socks' thing.

04

Shawl Thing

This is not your granddad's chunky cardigan. Well, not unless he shops at Michael Kors. "Cardies aren't just for old men anymore," says Hardy Amies' design director Mehmet Ali. "They're a functional wardrobe staple." You don't need to team it with some nice slacks either: while a clean, plain knit looks smart in place of a blazer or over one (albeit with casual air), it looks tougher – and younger – with a T-shirt and jeans. Provided you take your Werther's Originals out of the pockets.

BLAZER £595 AND TIE £75
POLO RALPH LAUREN
SWEATSHIRT £105 SUNSPEL
SHIRT £45 JOHN LEWIS
TROUSERS £725 MCQ BY
ALEXANDER MCQUEEN AT
MATCHESFASHION.COM
WATCH £2040 OMEGA
TRAINERS £72 ADIDAS
BAG £395 MICHAEL KORS

**PREMIER CREW**

A V-neck jumper is the obvious choice over a shirt and tie: a crew-neck is a more contemporary, slightly sportier option. Especially if it's actually a sweatshirt.

**RIPPED TIDE**

Dark is failsafe, but faded and even frayed jeans are on the rise. If Ralph Lauren (75) can wear them with a tux jacket, a blazer is fine.

As long as they're not too frayed.

**STRIPED UP**

Like Stan Smiths, Adidas Gazelles (1968 vintage) are resurgent and, in a muted palette like grey and white, can look just as chic. Less football casuals, more smart-casual.

05

Major Blazer

The navy blazer tops every list of stylish essentials because it elevates everything else you own – including, nowadays, your jeans and trainers. But a Clarkson-esque suit jacket with stonewashed denim is never OK. “It’s a different look,” says Hardy Amies’ Mehmet Ali. “A blazer can be cut shorter, slimmer and softer in the shoulder. These small details make a big difference when pairing with trainers.” And leave the gold buttons to the geezers at the rotary club.



BOXPARK — Shoreditch | EARLHAM STREET — Covent Garden



WWW.FARAH.CO.UK

06

Biker Growth

The biker jacket has been given a recent kickstart by designers such as Hedi Slimane and David Beckham (for Belstaff), but it's been stylish at least since Marlon Brando pulled on his Schott "Perfecto" for 1953's *The Wild One*. And it's more versatile than you'd think: "The rock'n'roll 'white T and jeans' look is timeless, but a biker can also be slick and contemporary with a knit and tailored trouser," says Mr Porter's Dan May. To borrow a phrase from Brando: "Whaddya got?"



JACKET £2495
GIEVES & HAWKES

JUMPER £350
BURBERRY LONDON AT
MATCHESFASHION.COM

TROUSERS £590
LOUIS VUITTON

SHOES £1390 GUCCI

BELT £85
RUSSELL & BROMLEY

BAG £395 MICHAEL KORS

SUNGASSES £240
HARDY AMIES



TRUSTY LEATHER

Unlike a Harley, a proper holdall is a mature investment at any age that you'll get real mileage out of, not just on weekends. Might struggle to get it on the chopper, mind.



SHIFTING GEAR

"Oversizing is not flattering with such a piece," says May. "But if you're tall, be careful it's not too cropped."

It should hit your waistband, and be tight at first – it'll stretch.



SOLE TRADER

You can rock Nikes with your biker like Sons of Anarchy and *MH* cover star Charlie Hunnam, but a suede one is luxe enough for those Gucci loafers from p12 – in croc.

Russell&Bromley



The 'Keeble' nubuck loafer
www.russellandbromley.co.uk

Men and the art of body maintenance

Like fast cars and good watches, the older you get, the more servicing you require. Minimise the number of visible miles on your clock with MH's handbook

Bald hard!

Don't give in to hair loss without a fight – but know when to surrender gracefully (to hair loss, never to bad guys)

SITREP	STRATEGY	ARSENAL	SECONDARY OBJECTIVE
THE RESISTANCE 	You've still got it – but you just noticed it circling the plughole.	If you're starting to recede at the front, keep it long there so you can brush the hair forward, suggests Skye, barber at Ruffians (ruffians.co.uk). Or, if your crown is slipping, brush it back into an on-point pompadour.	Apply Regaine Extra-Strength Scalp Foam (£25 for a month's supply from tesco.com) twice a day; it contains minoxidil, which is proven to stimulate regrowth.
LOSING BATTLE 	It's the beginning of the end. You've been considering a comb-over.	Growing your thinning thatch can actually make you look balder, as the hairs will separate out. Shorter hair 'feathers', so one group of hairs overlaps the next. Your best strategy is to add volume by blow drying.	Gain some additional mass on your mane by using L'Oréal Paris Elvive For Men Body Building Thickening Shampoo (£3 for 250ml from boots.com), which contains polymers to pump up individual hair shafts.
DIGNIFIED SURRENDER 	Resistance is futile – your follicles are in full-scale retreat.	Scorched earth. Use clippers without a guard on what little is left, then use a HeadBlade (£14.50 amazon.co.uk), which lets you shave the back without a mirror. In the shower is best as it opens the pores. 	Avoid sunburn, a flaky scalp and 'chrome dome' by applying a non-greasy moisturiser containing SPF such as Anthony Logistics For Men Oil Free Facial Lotion (£32 for 70g nivenandjoshua.com).



Don't smell like teen spirit

Fragrance can make you seem as young or old as anything else you wear. Find the right bouquet for your vintage here

FRESH	BLEU DE CHANEL	GUERLAIN HABIT ROUGE	TOM FORD OUD WOOD	MATURE
 GUCCI GUILTY Citrus scents tend to be more 'immediate'. With lemon and neroli, this is as punchy as its ambassador Chris 'Captain America' Evans. £46.50 for 50ml boots.com	 BLEU DE CHANEL Scents get richer and more complex as they get older – like you, hopefully. The eau de parfum version of this spicy classic has even more depth. £47.50 for 50ml boots.com	 GUERLAIN HABIT ROUGE This has been around since 1965 and spans the ages in all senses thanks to its combo of youthful citrus with more grown-up spices and leather. £45 for 50ml debenhams.com	 TOM FORD OUD WOOD Just as dark colours add gravitas, so wood and incense convey sophistication. This contains smoky oud: one of the priciest ingredients. £142 for 50ml harrods.com	 KILIAN LIGHT MY FIRE Tobacco suggests maturity. Redolent of power and Monte Cristo cigars, this is more 'gentlemen's club' than 'Club Med'. £175 for 50ml lessenteurs.com



Make more face time

Your face at 40 isn't the same as it was at 20; the stuff you put on it shouldn't be either. Here's what to slap on when



20s

BRIGHT YOUNG THING

In our twenties, we're wont to treat our organs like they're invincible. But your skincare routine now dictates how well you'll age, says Sally Penford of the International Dermal Institute. She recommends using a moisturiser with SPF (3), expunging any teenage oily residue with a mattifying cleanser (2) and taming breakouts with pore-unclogging salicylic acid (1). And if you're partying and working hard, counteract the effects with a caffeine hit (4).

30s

DRYED-UP OLD

Both hangovers and your skin are less forgiving at this age. "Dehydration can be an issue; your thirties are often when life is most hectic and you're consuming more alcohol and caffeine," says Penford. Light-reflecting tinted moisturiser (1) will make you look much more refreshed than you feel, while a collagen-boosting anti-ageing face moisturiser (2) is worth pulling from your gym bag after a hydrating shower (3). Speaking of bags, hide the ones caused by long office hours with a puffiness-reducing eye cream (4).

- 1 MYEGO FONTEINT HYDRATING ENHANCER £12 FOR 40ML
- 2 LAB SERIES AGE RESCUE+ WATER-CHARGED GEL CREAM £45 FOR 48G
- 3 AESOP GERANIUM LEAF HYDRATING BODY TREATMENT £23 FOR 100ML
- 4 CLINIQUE FOR MEN ANTI-AGE EYE CREAM £26 FOR 15ML



40+

MIDDLE-AGED SAG

Your skin loses its firmness dramatically after 40 – if you let it. Tighten things up with a firming moisturiser (1) and/or concentrated serum (2), which is more effective (and, yes, expensive). "Your skin's renewal process slows as you get older too," says Penford. The upshot: dull, uneven skin, making exfoliating with a face scrub (3) even more crucial. The lines around your eyes will deepen, but platinum will help your high-powered cream (4) to be absorbed properly.



- 1 CLARINS MEN LINE-CONTROL BALM £40 FOR 100ML
- 2 TOM FORD FOR MEN SKIN REVITALIZING CONCENTRATE £110 FOR 30ML
- 3 ELEMIS ENERGISING SCRUB £26.50 FOR 75ML
- 4 LA PRAIRIE CELLULAR EYE CREAM PLATINUM RARE £242 FOR 20ML

The young and the restless

When it comes to clothing, age – or lack thereof – is no barrier to innovation. Here the MH style team tips the new labels you need to know – and the established ones that are shaking things up

YOUNG **Matches** is as reliable a selector of the best menswear as you'll find, so you know its first-ever in-house line, **Raey**, will be a good bet. Think upmarket basics with a sportswear influence, like these cashmere joggers.



£350

THE RETAILER GETTING HIGH ON ITS OWN SUPPLY

THE BRITISH STALWART TURNING JAPANESE

THE OLD SHOEMAKER LEARNING NEW TRICKS

THE UK WATCH BRAND PROUD TO BE MADE IN SWITZERLAND

THE CYCLEWEAR MAKER DOING BESPOKE TAILORING

THE SAVILE ROW HOUSE OPENING DOORS TO NEW CUSTOMERS

THE STORIED OUTFITTER WITH THE LAW ON ITS SIDE

THE LOW-COST GLASSES LABEL THAT'S STILL HIGH-SPEC



£390

RESTLESS A hand-stitched welt, joining a shoe's upper and sole, is a sign of quality craftsmanship and longevity, but **Grenson**'s triple welt, on the other hand, is just showing off.



£400



£339

YOUNG AND RESTLESS Created by the costume designer on *Kingsman: The Secret Service*, this case was made for e-tailer Mr Porter by 250-year-old Royal Warrant-holding **Swaine Adeney Brigg**.



£1975

RESTLESS Classic **Barbour** jackets are ubiquitous, but its collaboration with Tokyo's **White Mountaineering**, turning Hokusai's Great Wave into a camo print, stands out from the crowd.



£429



£680

YOUNG Brit brand **Uniform Wares** won admirers with its minimal approach to style and cost. Even now the inner workings have been adjusted to Swiss-made, the watches still have a price as small as the boast on the dial. Well, in Swiss watch terms.



£2200

RESTLESS As well as everything from shoehorns to New Balance trainers, **Hardy Amies'** new Savile Row home offers 'signature bespoke' – suits are cut offsite, so you get the fit with less cost or wait.



£175

YOUNG With eyes on both quality and design, **Archibald** cuts out the middlemen with hand-crafted Japanese frames that (typically £500+) for under £200 – with lenses.



VICTORINOX



REGATTA JACKET

Crafted from innovative, lightweight paper touch material and featuring a see-through peripheral hood the Regatta jacket is the perfect accompaniment for your every day adventure.

VISIT US AT 95/96 NEW BOND STREET LONDON W1S 1DB



MAKERS OF THE ORIGINAL SWISS ARMY KNIFE | VICTORINOX.COM

Alternative spring breaks

While a holiday spent “pounding on brewskis” is hopefully a distant memory, you’re not ready for a Saga cruise yet. Whether you’re young at heart or an old soul, these points on the map will indicate that you’re geographically on point

ROUND THE CAPE OF GOOD TIMES

WHY “You expect buttery sands and sublime seafood from Cape Town”, says Chris Davies of CT-based travel magazine Getaway. “The clubbing and the beach raves may come as a surprise.”

STAY “Even locals hire rooms in ocean-view hideaway Camps Bay Retreat (campsbayretreat.com) for a night next to the beach of the same name – the chicest in the city,” says Davies.

AGE UP “Tour buses head the other way, but oenophiles go up the West Coast to the likes of Spice Route vineyard (spiceroutewines.co.za) near charming towns like Paternoster,” says Davies.

AGE DOWN See and be seen in the Observatory neighbourhood, says Davies: “Lower Main Street has boho bars like Cafe Ganesh, stocked with bottles of hipster beer Windhoek, from Namibia.”

WHAT TO TAKE
‘Cape Town’ sunnies (£185 lgrworld.com) have pilot-grade lenses that reflect true colours – in this case, of those beaches



WHAT TO TAKE
Midnight blue with gunmetal trim, these minimalist Swedish jeans (£89 Nudie) can be dressed up or down

STOCK UP YOUR SWEDISH WARDROBE

WHY Few cities look better in spring than Stockholm. Take advantage by meandering around the Södermalm district (known as SoFo) and shopping some of Europe’s coolest menswear.

STAY “I always put my clients up in The Rival (rival.se) in SoFo,” says Ed Gillespie of hip comms agency Futerra in Stockholm. “It has a much more modern, arty vibe than the trad city centre.”

AGE UP “The Konst-ig bookshop has the coolest magazines, while Hiip has jewellery for your girlfriend,” says Gillespie. “The Parlans Konfektyr boutique has incredible chocolates too.”

AGE DOWN “Only the very coolest get to party in the Vänster,” says Gillespie. “It’s a speakeasy with incredible cocktails. Look for an unmarked brown door next to the Haktet restaurant.”

DRINK IN SOME CARIBBEAN PUNCH

? **WHY** Just off the Bahamas, British territory the Turks and Caicos are fast becoming the cognoscenti's off-radar Carib location. They're quiet and a not-too-shabby 30°C in spring.

? **STAY** "The Regent Palms ([regentpalmstci.com](#)) feels like a private home", says expat chef Jason Monaghan. "It's right on Grace Bay beach, but you'll struggle to get away from the pool bar."

? **AGE UP** "This isn't a lads' holiday destination, so woo your beloved with a sunset walk along Grace Bay, says Monaghan: "When the sun hits the water, you can ask her pretty much anything."

? **AGE DOWN** Conch penis, anyone? On a three-hour, rum punch fuelled cruise ([silverdeep.com](#)), the captain will shell as much as you can pick up. It's an aphrodisiac – or that could be a local joke.

DISCOVER A GULF IN CLASS

? **WHY** Dubai has bling but Doha is the more discerning choice for spring. With sleek bars, beguiling souqs and welcoming locals, it's a far more palatable alternative to a grim UAE buffet binge.

? **STAY** As its name suggests, the boutique Hotel Souq Waqif ([swbh.com](#)) is on top of a souq – a good place to find local culture, bargains and some actual Qatars (20% of the population).

? **AGE UP** The imposing Museum of Islamic Arts ([mia.org.qa](#)) holds jazz and classical concerts in its lush park. You won't be able to miss Richard Serra's 80-foot heptagonal steel tower outside.

? **AGE DOWN** Take a trip to the Empty Quarter and go dune-bashing across the pristine white sands in a 4x4 ([qataradventure.com](#)). It's less than two hours' – more careful – drive from Doha.

IT'S A LOVE THING

GIVE THE LADY IN YOUR LIFE
A GIFT SHE DESERVES THIS
VALENTINE'S WITH PANDORA

t's getting to that time of year again, when so many boyfriends and husbands fall victim to thoughtless last-minute gifting. You know she deserves so much more than a novelty card and a sad bunch of flowers from the garage forecourt, but that doesn't mean you know what to get her instead.

With Pandora's help, this is your time to shine. Whether it's your first romantic gesture in a relationship, or a reminder to your wife you're the same romantic she fell in love with – a beautiful gift will bag you serious brownie points.

With their infinitely customizable pieces, Pandora offers you the opportunity to show you really care. It's the thought that counts, remember? With a huge selection of charms, rings, bracelets, earrings and necklaces pandora.net is the only destination you need to make this Valentine's Day memorable – for all the right reasons.

Plus, you don't want to get shown up by your mates, do you? Big rewards are in store for the man who thinks bigger than a box of chocolates. Make your partner the envy of her friends with a romantic gesture from Pandora and your status as the boyfriend to beat will be well deserved.





MAIN IMAGE

Sterling Silver and 14ct Gold; Heart Studs £70; Sterling Silver and Cubic Zirconia Heart Necklace £99; Sterling Silver and 14ct Gold Stacking Rings From £45; Sterling Silver and 14ct Gold Bangle £275; Sterling Silver and 14ct Gold Charms, from £55

ABOVE

Sterling Silver and 14ct Gold Heart Studs £70; Sterling Silver and 14ct Gold Heart Pendant £55, on Sterling Silver Chain £35; Sterling Silver and Cubic Zirconia LOVE Necklace £60

LEFT

Sterling Silver and Cubic Zirconia LOVE Bracelet £45

For a gift she'll really love this
Valentine's head to pandora.net

PANDORA
UNFORGETTABLE MOMENTS

The old rules of style

Septuagenarian tailor Edward Sexton dressed The Rolling Stones and The Beatles, and continues to outfit royalty, both rock and actual. He's seen trends cycle, but his advice needs no alterations

01 Bold lapels and a strong shoulder make you appear more masculine.



02 IF YOU'RE REALLY TALL, ADD A FIFTH BUTTON TO YOUR JACKET CUFF. IT MAKES YOU LOOK MORE BALANCED.

03 The wider the cut-away collar, the wider your tie knot needs to be.



2X 

04 Buy two pairs of trousers for each suit; they take more of a battering. When both pairs finally wear out, have brown buttons sewn on to the suit jacket. It becomes your knockabout blazer.



05 When trying on a suit, drop your wallet into the breast pocket. If the jacket's well-made, the wallet won't fall down to your waist.



06 Matching pocket squares with ties looks plastic. But echo a minor colour of one with the major of the other and they feel like they belong together.



07 The right fit starts on the shoulders. Everything else can (and should) be adjusted.

08 Spend money on the basics. You'll get the most use out of a grey flannel suit, so make sure it's cut beautifully. That means a high armhole, half an inch of shirt cuff showing, and the button on your actual waist. Or, if you're carrying extra weight, where you want people to *think* your waist is.



01 SIR MICK JAGGER IN A SEXTON SUIT, 1971

02 SEXTON HIMSELF, NEW YORK CITY, 1972

03 SEXTON: STILL A CUT ABOVE TODAY

09 GET TO KNOW A GOOD TAILOR. EVEN IF YOU'RE BUYING OFF THE RACK.

10 Ill-fitting clothes don't hide anything. If you're portly, tuck your shirt in. Low-rise trousers just show off your arse.

11 You can create a waist with a bigger lapel, high armholes and tapered sides. It elongates you. Daylight should show between your body and arms.

12 AIM TO MATCH YOUR ACCESSORIES TO THE TIME OF YEAR: LINENS AND COLOUR IN SUMMER, WOOL AND PATTERN IN THE WINTER.

13 You've got to keep yourself in shape. You can't just rely on the clothing. I garden, and I've just done up my house myself. It's the simple stuff that keeps me healthy.

Stockists

ACNE STUDIOS	LE COQ SPORTIF
MATCHESFASHION.COM	LECOQSORTIF.COM
-	-
ADIDAS ADIDAS.COM	LEE ASOS.COM
-	LGR LGRWORLD.COM
AESOP AESOP.COM	LONGINES LONGINES.COM
-	L'ORÉAL PARIS
ARCHIBALD OPTICS	L'OREAL-PARIS.CO.UK
ARCHIBALDOPTICS.COM	-
-	LOUIS VUITTON
BARBOUR BARBOUR.COM	LOUISVUITTON.CO.UK
-	MATCHES RAEY
BELL & ROSS BELLROSS.COM	MATCHESFASHION.COM
-	MCQ BY ALEXANDER MCQUEEN
BLK DMN SELFRIDGES.COM	MATCHESFASHION.COM
-	CAROLINA HERRERA
BOTTEGA VENETA	CAROLINAHERRERA.COM
MATCHESFASHION.COM	-
-	MICHAEL KORS
BURBERRY LONDON	HARRODS.COM
MATCHESFASHION.COM	-
-	MONTBLANC
CARTIER CARTIER.CO.UK	MONTBLANC.COM
-	MR START MR-START.COM
CLARINS CLARINS.CO.UK	-
-	MYEGO
CLINIQUE FOR MEN	NIVENANDJOSHUA.COM
CLINIQUE.CO.UK	-
-	NATURAL SELECTION
COS COSSTORES.COM	NATURALSELECTIONLONDON.COM
-	-
DAVID GANDY FOR AUTOGRAPH	NIGEL CABOURN
MARKSANDSPENCER.COM	CABOURN.COM
-	-
DERMALOGICA	NUDIE JEANS
DERMALOGICA.CO.UK	NUDIEJEANS.COM
-	-
DRAKE'S LONDON	OLIVER GOLDSMITH
DRAKES.COM	OLIVERGOLDSMITH.CO.UK
-	OMEGA 0845 272 3100
ELEMIS	PONTER
NIVENANDJOSHUA.COM	PONTERFOOTWEAR.COM
-	ERMENEGILDO ZEGNA
-	COUTURE ZEGNA.COM
-	RALPH LAUREN
-	RALPHLAUREN.COM
GIEVES & HAWKES	-
GIEVESANDHAWKES.COM	RAY-BAN
-	SUNGASSHUT.COM
GH BASS OIPOLLOI.COM	-
-	RIVER ISLAND
GRENSON GRENSON.CO.UK	RIVERISLAND.COM
-	-
GUCCI GUCCI.CO.UK	ROBINSON LES BAINS
-	MRPORTER.COM
HACKETT HACKETT.COM	-
-	RUSSELL & BROMLEY
HARDY AMIES	RUSSELLAND
HARDYAMIES.COM	BROMLEY.CO.UK
-	-
HUEZ HUEZ.CO.UK	SOP & GLORY BOOTS.COM
-	-
JACK SPADE	SPIEWAK
JACKSPADE.COM	PRESENT-LONDON.COM
-	-
JOHN LEWIS	SUNSPEL SUNSPEL.COM
JOHNLewis.COM	-
-	TAG HEUER 0800 458 0882
KIEHL'S KIEHLS.CO.UK	-
-	THE KOOPLES
KINGSMAN MRPORTER.COM	THEKOOPLES.CO.UK
-	-
KRIS VAN ASSCHE	TOM FORD FOR MEN
LINDAFARROW.COM	HARRODS.COM
-	-
LAB SERIES	TRICKER'S TRICKERS.COM
LABSERIES.CO.UK	-
-	UNIFORM WARES
LA PRAIRIE LAPRAIRIE.CO.UK	UNIFORMWARES.COM

A fashion advertisement featuring two male models. Both are wearing dark blue three-piece suits (jacket, vest, and trousers). The model on the left wears a light blue button-down shirt under his jacket, while the model on the right wears a dark blue shirt with white buttons. They are standing side-by-side against a neutral, textured background.

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